

AUSTRALIA

September 2017
E

ELLE

SO YOU
THINK YOU
CAN WRITE?
**CONTRIBUTE
TO ELLE
AND WIN!**

**MAKEUP
TRENDS**

**WORTH
MASTERING**

PLUS

**NEW HEALTH
& FITNESS
ROUTINES
TO TRY ASAP**

SPRING FASHION

IT'S TIME TO
RESET YOUR LOOK!

*(Hint: you'll need
tailoring, a beret,
glitter heels and
anything red)*

STARRING

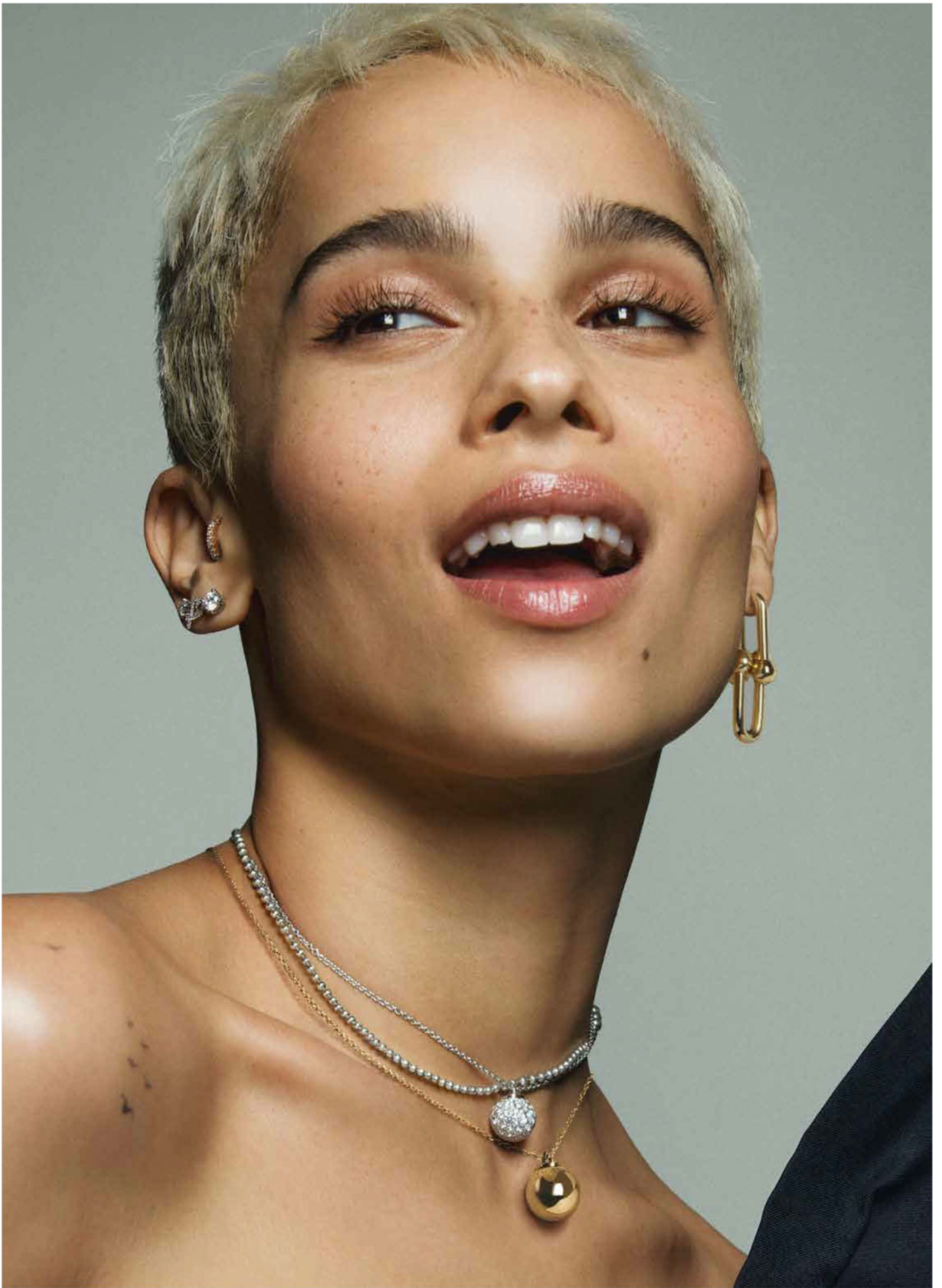
**GAME OF
THRONES'**
EMILIA
CLARKE

**MOTHER OF DRAGONS,
FEMINIST ICON
AND OUR
NEW-SEASON
MUSE**

**THE
RISE OF
THE NEW
ALPHA
WOMAN**

WHY SMART
EQUALS SEXY
IN 2017





TIFFANY & Co.

There's Only One ZOË KRAVITZ
Tiffany.com





TIFFANY & CO.

There's Only One CAMERON RUSSELL
Tiffany.com





CHANCE CHANEL





ESTÉE LAUDER

esteelauder.com.au

CUSTOM LASHES
ON DEMAND

NEW

PURE COLOR ENVY LASH

3 Looks. 1 Mascara.

Exclusive hybrid brush lets you create different lash looks on demand. Buildable formula means you can dial up the drama throughout the day. Lashes stay silky soft, even after you reapply. Also in Waterproof.

Available online from 20 August and in store from 3 September 2017.

MULTI-EFFECTS
MASCARA:

VOLUME + LIFT
Bristle Brush

LENGTH +
SEPARATION
Molded Brush

ALL EFFECTS
Both Brush Sides

PURE COLOR ENVY LASH
MULTI EFFECTS

PURE COLOR ENVY LASH WATERPROOF
MULTI EFFECTS



PRADA

+61 2 9223 1688 PRADA.COM





Panthère
de
Cartier



Sydney - Melbourne - Brisbane - 1800130000
Shop the collection at au.cartier.com



GUCCI



#guccilandbeyond
gucci.com



PRESERVATION HALL AND OTHER STORIES

NEW ORLEANS, LOUISIANA
MAY 11-13 2017
BY ALASDAIR MCLELLAN



miu miu

ARMANI.COM



Follow @emporioarmani



EMPORIO  ARMANI

LANCÔME

PARIS

98% PURE ANTI-OXIDANTS
(FERULIC ACID + VITAMIN E)

POTENT SERUM BASE
(RICH IN PROBIOTICS EXTRACT)





YOUTH ACTIVATING MEETS
98% ANTI-OXIDANTS.

NEW ADVANCED GÉNIFIQUE SENSITIVE

DUAL CONCENTRATE FOR BAD SKIN DAYS.

IN ONE CLICK, 98% PURE ANTI-OXIDANTS ARE RELEASED INTO A POTENT SERUM BASE
TO SOOTHE SENSITIVE SKIN AND REDUCE VISIBLE SIGNS OF AGING.





SAINT LAURENT





SAINT LAURENT

G036, Chadstone Shopping Centre, Melbourne



LIU BOLIN PERFORMING FOR MONCLER



[moncler.com](https://www.moncler.com)



Fernando wears the black trucker jacket and black skinny jean.
Photographed in Brooklyn, April 2017.
calvinklein.com
David Jones



CALVIN KLEIN JEANS





ELLE

A U S T R A L I A

CONTENTS

september 2017



p92. THE RISE OF THE
NEW ALPHA WOMAN
She's smart, strong and nothing
like the Mean Girls of the past.



MAKEUP TRENDS TO MASTER

From a French-girl flush to the
new red lip, here's how to re-create
the hottest beauty looks right now.



p71. reset your style

All you need to update your
wardrobe for spring, starting
with relaxed tailoring, glitter
heels and head-to-toe red.

BORN TO RULE

*Screen queen, warrior woman,
feminist icon...*

*We get up close and personal with Game
Of Thrones star Emilia Clarke.*



158



CALIFORNIA DREAMIN'

There's more to the
Golden State than just LA.
We take a road trip to discover
its hidden gems.



COVER PHOTOGRAPHY Alexi Lubomirski **STYLING** David Vandewal **HAIR** Didier Malige **MAKEUP** Pati Dubroff at Forward Artists
MANICURE Julie Kandalec at Bryan Bantry **SET DESIGN** Nicholas Des Jardins at Streeters **EMILIA CLARKE WEARS:** dress, \$3,050, Dolce & Gabbana,
(03) 9639 9785; earrings, \$POA, Van Cleef & Arpels, 1800 983 228; belt, \$187, What Goes Around Comes Around, whatgoesaroundnyc.com



Salvatore Ferragamo

SYDNEY: WESTFIELD SYDNEY, QVB, THE STAR - MELBOURNE: CROWN, CHADSTONE
BRISBANE: QUEENSPLAZA - GOLD COAST: PACIFIC FAIR - SELECTED DAVID JONES STORES
FERRAGAMO.COM



september
2017

FIRST LOOK

p47. fashion forecast

Sunny with a chance of splurge-worthy buys, according to Loewe.



47

p49. fashion now

The AW17-18 collections were an explosion of colour and texture. Enter the brave new world.

p52. need to know

Three new labels winning fans among the style set.

p54. shop talk

My Chameleon's Giselle Farhat on how she became a fashion buyer.

p56. step up revolution

Paint the town red in this season's hottest boots.

p58. cause to celebrate

Get to know Bulgari's new ambassador, social-media star Jasmine Sanders.



60

p60. volume rising

The female artists kicking butt in the music world.

p61. short and sour

Our Book of the Month is Lena Dunham-approved.

p64. hustle and flow

Aussie actress Danielle Macdonald discovers her inner hip-hop heroine.

p65. the wire(less)

Are your tech devices harming your health?

p66. how wide is your sphere of influence?

The books that can help you better understand yourself and others.



p67. fair game

A guide to the best of what Sydney Contemporary has to offer.

p68. gone country

Why more and more of us are going bush.

FEATURES

p86. "we have missed the fun of throwing on a dress"

After seasons of athleisure, the frock is back.

p88. and you call yourself a fan?

Fashion brands are the new rock stars. Get in line.

p94. the kids are alright

Divorce can be devastating for the children – even when they're grown up.

p100. last night a DJ saved my life

How dancing proved to be the ultimate confidence booster.

p106. so you think you can write?

Contribute and win!



109

FASHION

Celebrate spring with the season's boldest, brightest looks, show your strong suit in super-chilled tailoring, swing back to the '60s in retro-tinged shapes and prints, and play the French ingenue in slouchy knits teamed with faded denim.



BEAUTY

p165. making waves

Curls are having a revival – now's the time to embrace your kinky side.

p168. tête-à-tête

Facialist Ole Henriksen talks skin, supplements and ditching sugar.

p170. the beauty edit

On our radar: a versatile highlighting palette and a cult face cream that supports a good cause.

p172. my weekend in products

Style blogger Sheree Commerford's tips for maintaining her glorious mane.



182

p182. vive la revolution

The iconic Miss Dior gets a makeover (and a firm fan in Natalie Portman).

p186. liquid assets

Supercharge your health and fitness routine with hydrogen.

p188. jump around

Getting fit and having fun? Trampolining may be the Holy Grail of workouts.

LIFESTYLE



p192. simple life

Despite the owners' differing styles, this home is a lesson in calmness and harmony.

p198. ELLE drive awards

Our annual round-up of the best cars to combine style and substance.

p213. privacy notice

p214. horoscopes

and more...



186





MaxMara





SELENA GOMEZ
with the Selena Grace bag
coach.com


COACH
NEW YORK



ELLE.com.au

FASHION

Fashion Director
Rachel Wayman

Bookings and Style Editor
Dannielle Cartisano

Market Editor
Claudia Jukic

Fashion Office Coordinator
Samantha Wong

Contributing Fashion Editor
Sara Smith

ADVERTISING

Director of Brands and Categories
Jane Serember (02) 9282 8904

Ad Production Manager
Kate Orsborn (02) 9282 8364

Senior Events Manager
Cate Gazal (02) 8116 9342

Brand Executive
Emily Whelan (02) 8268 6293

VICTORIA

Sales Director
Jaclyn Clements (03) 9823 6341

Head of Brand Sales
Christine Lester (03) 9823 6382

QUEENSLAND

Head of Sales
Judy Taylor (07) 3101 6636

SOUTH AUSTRALIA

Sales Manager
Jo Moroney (08) 8267 5032

OVERSEAS ADVERTISING REPRESENTATIVES
Europe Magazine International SRL
+39 02 796 451

PRODUCTION

Production Controller
Sally Jefferys (02) 8116 9385
Advertising Production Coordinator
Dominic Roy (02) 9282 8691

Justine Cullen

Editor-in-Chief
@justine_cullen justinecullen

EDITORIAL

Associate Editor
Genevra Leek

Managing Editor
Brooke Bickmore

Chief Sub-Editor
Laura Culbert

Acting Deputy Chief Sub-Editor
Ally McManus

Features and Culture Editor
Elle McClure

Editorial Coordinator/PA to Justine Cullen
Ana Eksouzian-Cavadas (02) 8114 9431



DIGITAL

Managing Director, Digital
Christian Fricke
Content Director
Emily Kerr
Managing Editor
Alison Izzo
General Manager Commercial
Jane Waterhouse

ART

Acting Creative Director
Lauren Dragosetti

Deputy Art Director
Melissa Drennan

BEAUTY

Beauty and Lifestyle Director
Amy Starr

Acting Beauty and Fitness Director
Sara McLean

BAUER MEDIA GROUP

Chief Executive Officer Paul Dykzeul
Director of Sales Fiorella Di Santo
Director of Media Solutions Warwick Taylor
Marketing Director, Fashion, Beauty & Health Zenna Katsikaris
Assistant Brand Manager Alicia Raiti
Group Subscriptions Marketing Manager Kit Wilson
Subscriptions Campaign Manager Lauren Flinn
Research Director Justin Stone (02) 9282 8283

HEARST MAGAZINES INTERNATIONAL

Senior Vice-President/CFO
& **General Manager** Simon Horne
Senior Vice-President/International
Publishing Director Jeannette Chang
Senior Vice-President/Editorial Director Kim St Clair Bodden
Fashion & Entertainment Director
Kristen Ingersoll

LAGARDÈRE ACTIVE

Chairman & CEO Lagardère Active Denis Olivennes
CEO ELLE France & International
Constance Benque
CEO ELLE International Media Licenses
François Coruzzi
SVP/International Director of ELLE Valeria Bessolo Llopiz
SVP/Director of International Media Licenses,
Digital Development & Syndication Mickael Berret
ELLE International Productions
Charlotte Deffe, Virginie Dolata
Deputy Syndication Team Manager Thérèse Genevois
Syndication Coordinator Marion Magis
Copyrights Manager & Digital Syndication
Séverine Laporte

www.ellearoundtheworld.com

INTERNATIONAL AD SALES HOUSE:

LAGARDÈRE GLOBAL ADVERTISING
CEO François Coruzzi
SVP/International Advertising Stéphanie Delattre
stephanie.delattre@lagardere-active.com
Lagardère Global Advertising
124 rue Danton, 92300 Levallois-Perret, France

EDITORIAL ENQUIRIES

54 Park Street, Sydney, NSW 2000 T: (02) 8114 9431 E: elleaustralia@bauer-media.com.au

WANT TO BE AN INTERN? Email your CV to the above address

ELLE is published by Bauer Media Pty Limited, 54 Park Street, Sydney, New South Wales, Australia. © 2017; the contents of this publication are not for reproduction, redistribution or reuse, by any means whatsoever or in any form whatsoever without the express permission of Bauer Media. Printed by PMP Print Pty Limited, 31 Heathcote Road, Moorebank, New South Wales, Australia. Distributed by Gordon and Gotch Australia Pty Limited, 26 Rodborough Road, Frenchs Forest, New South Wales, Australia. All prices quoted include GST, are approximate and are in AUD unless otherwise stated. Bauer Media accepts no responsibility for damage to or loss of material submitted for publication. Please keep duplicates of text and illustrative material. For all subscription and sales enquiries, visit magshop.com.au; email magshop@magshop.com.au; or phone 136 116 between 8am and 6pm (AEST) Monday to Friday. Correspondence should be addressed to: Magshop, GPO Box 4967, Sydney, NSW 2001. ISSN 2202-7254.

Trademark notice The ELLE trademark and logo are owned in Canada by France-Canada Editions et Publications, Inc. and in the rest of the world by Hachette Filipacchi Presse (France), each LAGARDÈRE ACTIVE Group companies. ELLE is used under license from the trademark owner, Hachette Filipacchi Presse.



@elleaus



@elleaustralia



The Beauty of Drama.

BECOME A TRUE WORK OF ART

Dynamic and precise. Conjuring the artistry of Japanese Calligraphy and inspiring modern design and technology — create a new vision of the self. Shiseido reveals a series of dramatically rich gel-eyeliner colors, and a modernized, unique version of the classic eyeliner brush, reminiscent of those used by Japanese artists throughout the ages. Transform from modest to majestic with an artful sweep of the hand.



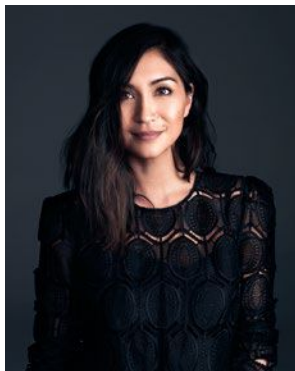
SHISEIDO

GINZA TOKYO

Heels are back, and I don't know how I feel about this.

On one hand, I love a great shoe as much as the next woman. On the other hand, heels are not just for gazing at lovingly or shooting for a highly styled Instagram flat-lay – protocol insists that one is actually meant to *wear* them. And just like how our binge-watching selves are finding it obscene and foreign and outright scandalous to have to wait week to week to catch the next episode of *Game Of Thrones*, starring this month's warrior queen of a cover star Emilia Clarke (see how seamlessly I slipped that in there?), I'm now dangerously acclimatised to the comfort of trainers and loafers and chunky sandals. The quickened pace, the increased stamina... How will this newly energised, pain-free me respond to a return to crippling arches and that unforgettable misery of standing as still as possible at a cocktail party seven hours in to four-inch heels, wondering how – even when that sweet time to go home finally arrives – I will even make it to the cab rank? Frankly, I think I might struggle.

Indicative of the times we've been living in, there's a lot about the past couple of seasons in fashion that has been subtly empowering for women, and I'm not just talking about athleisure-as-everyday-wear (which I remain resistant to, despite myself) and politically charged slogan tees. When it comes to fashion – as in life – we've been woke, and when it comes to some of our newly enlightened fashion habits, I dread the inevitable day that the tide turns. Take the current cool-girl trend of going everywhere with just a phone and a wallet in hand, or at the most a highly mobile cross-body bag. Now that I've experienced such freedom, I can't imagine ever being encumbered by a weighty top-handle in the crook of my elbow again, no matter how great the Olsens made it look in the noughts. Same goes for thicker brows (the



natural-ish kind, not the heavily shaped and crafted versions that add a solid half an hour to your morning routine. Hats off to anyone who has time for both that and a paying job or regular meals, but I am not one of you) – we all look better with those, even though beauty history promises we'll be plucked to within an inch of our lives again before too long. And I thank the sweet Lord every day for the rise of the soft-cup bralette over a perk-inducing underwire. I know I now sometimes might look like I'm the oldest woman in the world still wearing a training bra, but my comfort level has increased so much since one appeared in my life that sometimes I manage to go at least 10 minutes after walking through my front door before removing it – that's real progress, so please never let Kendall Jenner's au naturel French-woman droop go out of style.

More than anything, I'm hoping that in this crazy fashion world where a thing must always make way for another cooler/better/newer thing, that flats find a way to play the system and stick around. They will in the *ELLE* office anyway, where we've always believed in the power of personal style and self-expression over dictatorial in and out lists. Saying that, this is a season with some of the most fun and seductive new trends we've seen in a while – turn to p71 for our run-down of the looks we guarantee you'll want to tap into, including the glitter heels that have already filled me with desire and made me forget everything I've written on this page.

Enjoy the issue,

Justine

TALK TO ME...

📧 @justine_cullen 📧 justinecullen 📧 elleaustralia@bauer-media.com.au



BALLY

tang yan

[bally.com](https://www.bally.com)

T-shirt, \$120, **Jac+ Jack**,
jacandjack.com



Skirt, \$460, **Bec & Bridge**,
becandbridge.com.au

Sunglasses, \$170, **Vogue Eyewear**,
vogue-eyewear.com.au



FAVOURITE WORKOUT:
"I love Boxing or reformer Pilates."



Jeans, \$389, **NSF**,
edwardsimports.com



STEAL FROM THE SHOOT:
"The red Kate Sylvester skirt was fun. I love bold colours so this shoot was perfect."



136

MODEL CITIZEN *madison sells*

The *New York-based beauty* shares everything from her *off-duty style* to what she's listening to on repeat

PERSONAL STYLE: Skinny jeans with a simple tee. To dress it up I add a pair of statement shoes or shrug a leather jacket over my shoulders.

BAG: Anything Gucci.

JEANS: Black and ripped.

SUNGLASSES: The fun-coloured lenses from Gigi Hadid's collab with Vogue Eyewear.

IN-STORE OR ONLINE SHOPPING:

In store. I never make a purchase without seeing it in person first. I love op-shopping when I travel.

SKIN SAVIOUR: I'm a fan of Aquaphor ointment, for both skin and lips. I never leave home without it.

Bag, \$4,300,
Gucci, gucci.com/au



@madisonsells

HAIR MVP: I have bleached-blond hair, so argan oil is my must-have. It keeps my hair healthy.

FAVOURITE RESTAURANT: Hu Kitchen in New York. Order the lasagne and any of the coconut-based desserts.

CURRENT PLAYLIST: Rihanna, Ed Sheeran and Zedd.

MOST RECENT ALBUM DOWNLOAD: Lorde's *Melodrama*.

MUST-WATCH MOVIE: Netflix's *To The Bone* [which stars Lily Collins as a young woman struggling with anorexia]. It's a really important topic and an eye-opener for everybody.

BINGE WATCH: *Law & Order: SVU*. I've seen every single episode!

FAVOURITE INSTAGRAM ACCOUNTS:

@paleomg for recipe inspiration,

@new_fork_city to drool

over when I'm hungry and

@overheardnewyork for a LOL.

WEBSITE YOU VISIT DAILY:

The New York Times.

FAVOURITE ARTISTS: US husband and wife dancers Keone and Mari Madrid. They've featured in music videos with Justin Bieber. If I could dance half as well as them, you wouldn't be able to get me to stop!

Jacket, \$1,959, **Iro**,
(02) 9362 1165



HOMETOWN HOTSPOT:

"I was born in Oklahoma. You can't beat an Oklahoma City Thunder basketball game. The whole town comes together when they play."



Heels, \$300,
Valentino,
vestiairecollective.com



ELLE TELLS

OUR NEW-SEASON MUSES

> The **Isabel Marant** sparkly disco queen.
SARA McLEAN,
ACTING BEAUTY AND
FITNESS DIRECTOR



< The **Max Mara** '70s working girl.
JUSTINE CULLEN,
EDITOR-IN-CHIEF



< The **Céline** effortlessly chic everyday woman.
RACHEL WAYMAN,
FASHION DIRECTOR



< The **Stella McCartney** corporate cool girl.
SAMANTHA WONG, FASHION
OFFICE COORDINATOR



< The **Burberry** relaxed-yet-refined It-Brit.
ALLY McMANUS,
ACTING DEPUTY
CHIEF SUB-EDITOR

< The **Loewe** masculine/feminine mixmaster.
DANNIELLE CARTISANO,
BOOKINGS AND STYLE EDITOR



MICHAEL KORS

NEW YORK LONDON PARIS SYDNEY SINGAPORE MICHAELKORS.COM

THIS MONTH



Bag, \$329,
State Of Escape,
stateofescape.com

SHOP

STATE OF ESCAPE X ONE&ONLY WOLGAN VALLEY

**THE CULT NEOPRENE BAG IS NOW
EVEN MORE COVETABLE**

They're two of our favourite Australian icons: Sydney-based brand State Of Escape and the One&Only Wolgan Valley resort in NSW. So naturally, when they decided to collaborate on a three-piece limited-edition bag collection, we fell in love at first sight. Inspired by the colours of the natural landscape surrounding the luxury resort, the Wolgan Collection is Australian at its coolest. Add to cart on the State Of Escape website now.

STREET

ALL FOR ONE

Combining the one-and-done ease of a dress with the comfort of trousers, the humble boilersuit is a throwback trend worth the hype. On the street, the fashion set are shaking off any signs of utility by opting for '80s-style bold colours, prints and shine that Blondie would be proud of. Finish the look with pointed courts, a cinched-in waist and retro-minded shades.

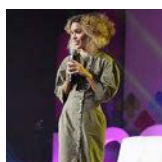


STYLE

CLEO WADE



@cleowade



An activist fighting for gender and racial equality with a penchant for Marni? She exists! Meet the New Orleans-born, New York-based Cleo Wade. An Insta-famous poet, artist and soon-to-be author (her first novel *Heart Talk* is out next year), the 28-year-old's writing speaks to women, people of colour and the LGBTQI community to promote a message of love and inclusivity. And seeing Wade deliver her poetry at Essence Festival this year in a khaki dress by eco-minded label Stella McCartney (left) was a clear sign she may just be the ultimate *ELLE* woman. □





and then this happened.

*sydney westfield
melbourne emporium | chadstone
gold coast pacific fair*


kate spade
NEW YORK

AGENDA

COURAGE ON THE *frontlines*

CARRIE, 55

**IRISH PUBLIC-HEALTH
SPECIALIST, FORMER
SURGICAL/TRAUMA
NURSE AND MOTHER
OF TWO BOYS**

I have a vocation to do humanitarian work. I'm passionate about what I do and look for a challenge.

Someone once asked why I take the most difficult road, but they assumed I see two roads! I've worked in Sierra Leone during the Ebola epidemic, South Sudan, Benin and Eastern Europe, but the most difficult was Romania due to the suffering of the children. Mosul is now suffering and the inhumanity is immeasurable.

We work 24/7, which entails sleeping fully clothed and always with one eye open. Headlamps become like a third arm as there's no electricity and the generator frequently chokes up due to poor-quality diesel. It's important to keep a sense of humour somehow, until the casualties start coming in. I'm strict on cleanliness to avoid illness among the team. I make sure people are constantly washing their hands.



There's no running water and no working toilet. It's a balancing act in the bathroom to wash as much as possible in a bucket with the scarce amount of water. Laundry is a quick rinse. Breakfast and dinner arrive by ambulance or humvee from the

They're women on a mission and they've *been in Iraq working to save lives* amid the fight to take back the city of Mosul from Islamic State. Despite the news that *ISIS has been defeated in the city*, the humanitarian crisis continues. At the peak of the action, photojournalist Jonathan Alpeyrie met with the women to *uncover their struggles and joys*

***"Saving lives
and alleviating
suffering is
the greatest
satisfaction of
the mission"***

military. We eat together, huddled around a table with candles or our headlamps. I try to keep up the team's morale and make sure there is an open level of communication. Honesty and transparency are key.

Not having enough translators makes it hard to get things done, and coordinating a very diverse group of people with little or no experience isn't easy. Teamwork is crucial, especially when multiple casualties arrive. As a woman, it's difficult being in Iraq. People don't always understand why I go, but I allow criticism and I don't try to justify my choice, nor do I seek approval. Only the opinions of my close family matter.

Saving lives, alleviating suffering and bringing humanity is the greatest satisfaction of the mission. There was one young man, Ahmed. He was brought to the clinic after he had escaped ISIS. They tortured him in brutal, inhumane ways that I'll never be able to forget. But he survived.

Sometimes if there's no activity, a group of us will huddle around a tiny screen to watch a movie. The men protest at the romantic ones but, in the end, huddling brings warmth when it's 10°C outside and the house isn't heated. I love to crochet, knit and read. I'm reading the Koran in English to better understand this primary holy text of the Islamic faith.

When the mission ends, the friendships I've made will be hard to leave behind. When you work so closely, you develop intense relationships. Bonds become stronger in times of war. People in the Western world don't have this kind of connection born out of adversity.

MIRNA, 24
IRAQI-KURDISTAN
PSYCHOLOGIST



I discovered EliseCare, a healthcare and medical-training association, while I was still in my home town of Duhok, Iraq. I applied for a job as a psychologist and have been with the team in Mosul for more than a year. There are so many people suffering at the hands of ISIS, and what struck me was the fear I saw in the women's eyes as they escaped ISIS territory. I felt the need to reach out and help those who had been displaced.

"Nothing makes me happier than to see these women smile once I'm able to help them"

I don't have a day-to-day routine – every day I have something new to do. I head to EliseCare and my team and I go to the locations of the internally displaced people. I always start my day with a big smile because it makes me feel better, and I hope it makes my patients feel a little better as well.

I see 10 women on average a day.

When I finish, I go back to Duhok to have lunch at home, then continue with trainings on different subjects, ending the day with dinner with my family.

Seeing women who were kidnapped by ISIS is really difficult. Usually if they're released, it means the rest of their family did not make it out, or worse, were killed. I try to help these women to not consider suicide. In severe cases, they're sent to a hospital, or otherwise they're offered medication to help manage their daily lives. We try to decrease the dosage to avoid dependence, and work through their trauma with counselling. Nothing makes me happier than to see these women smile once I'm able to help them. Seeing that I've helped a woman who was suffering from a psychological illness or trauma is deeply gratifying.

I try to leave my work at work. I like to organise my activities so I can really focus on things I need to do and disconnect a little. I love having time for myself, singing, doing sports, having picnics with family. Having a strong connection with my friends is also important.

Westerners don't fully understand the true nature of the trauma suffered by locals here. In comparison, they have fewer problems, especially when a mother seeing her child killed becomes commonplace.

If my mission ends, I would greatly miss my work and my patients. I have a strong desire to treat people in need, so I would love to open up my own practice. I'm continuing my education, studying psychotherapy and trauma, working towards a masters degree in order to help survivors of ISIS through therapy, not medication.

MICAELA, 35

AMERICAN
EMERGENCY-ROOM
NURSE PRACTITIONER

After doing emergency response care in Haiti and Liberia during the Ebola crisis in 2015, as well as working in Nepal, I wanted to witness firsthand the situation in Mosul. I felt compelled to come. This is my first experience in a war zone, and though I feel safer in Mosul than in Africa, the mortar strikes here really scared me. But I got used to it. All of my experiences have led me to feel that this is my mission in life.

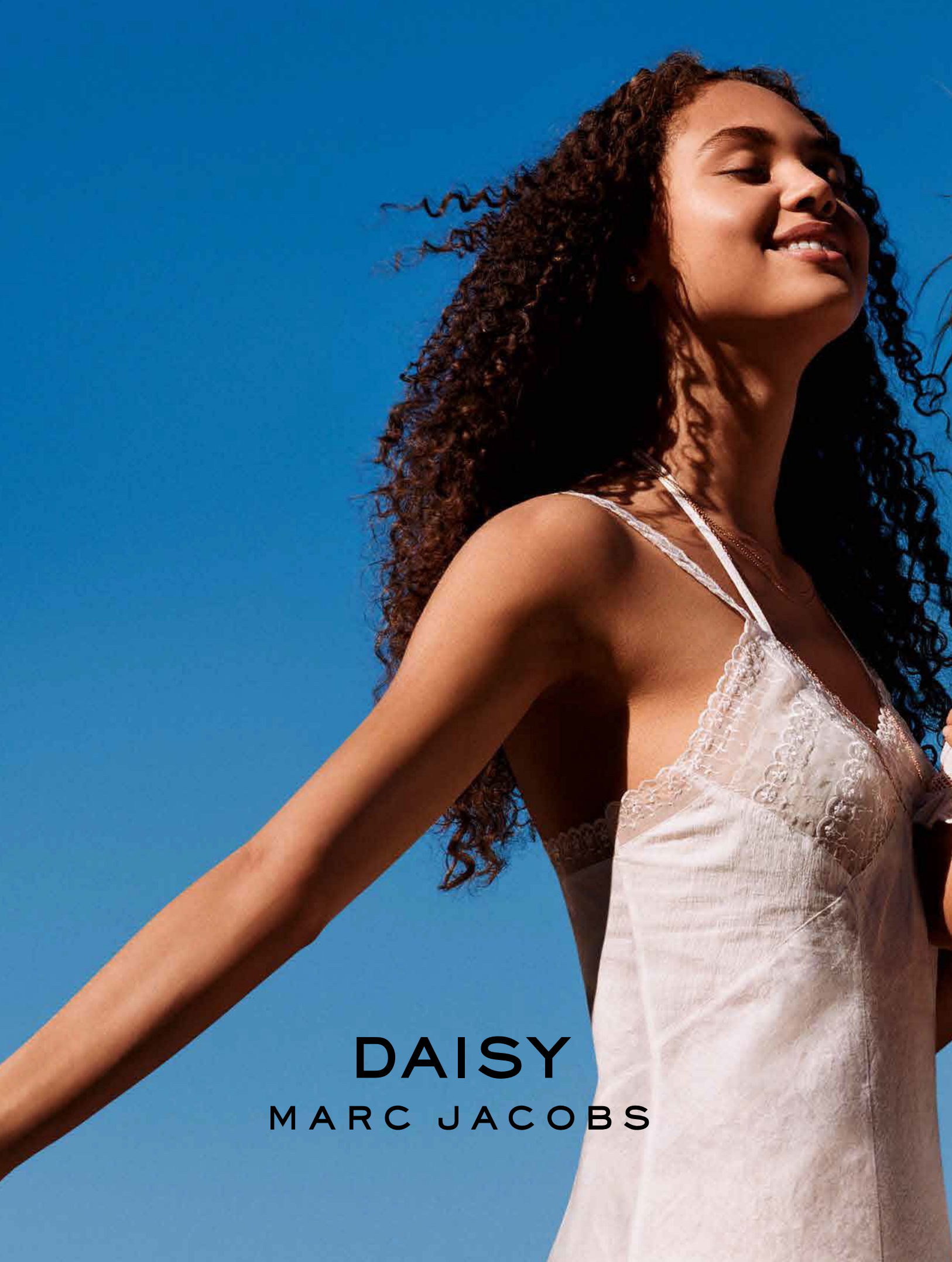
My day starts early in the evening, when I prepare the clinic for casualties. If we have time for dinner, the Iraqi team and I often cook tomatoes, onions and eggs while we check our equipment – and our mental morale. For breakfast, I usually have lentil soup and bread, or cream cheese and bread with Iraqi tea. During a military push, we get so many casualties, so we always have to be ready. I sleep in my scrubs so I'm prepared when the patients come in.

On a personal level, it's difficult to maintain a relationship back home while I'm here. I think about having a family sometimes, but I tend to push that off for later. My priority is my mission. I escape the daily grind by doing exercise in my room. I practise yoga using videos, and would love to run but as a woman it's not allowed due to the local rules. I listen to a lot of music, especially from South Africa. It calms me down.

I love working with my Emergency Response Division colleagues, developing close relationships. We've become a family, and it's part of the reason I stay here. When the mission ends, I'll miss the team I work with and the Iraqi military. It's not often that you meet these people again because of the danger involved. Danger and death bring people together. □

"I sleep in my scrubs so I'm prepared when the patients come in"





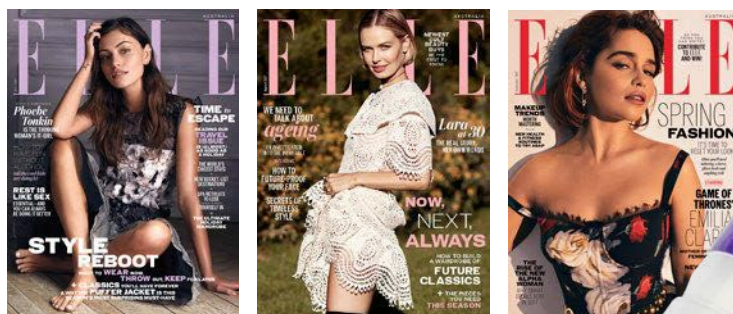
DAISY
MARC JACOBS



NEVER MISS AN ISSUE • NEVER MISS A ISSUE

GET ELLE FOR JUST \$6.50 PER ISSUE

PLUS! RECEIVE A JOHN FRIEDA PACK WORTH \$87.95



JOHN FRIEDA®
LONDON PARIS NEW YORK

Pack includes: the newly formulated Miraculous Recovery Shampoo and Conditioner, plus the Daily Nourishment Leave-In Conditioner, Secret Weapon Finishing Crème and Extra Strength 6 Effects + Serum

📍 johnfrieda.com.au 📷 [@johnfriedaau](https://www.instagram.com/johnfriedaau)

JOHN FRIEDA® WAS THE FIRST BRAND TO CONFRONT FRIZZ, SO YOU CAN BE SURE THEY KNOW THEIR STUFF. THE FRIZZ EASE® RANGE OFFERS SMOOTHING SOLUTIONS SPECIFICALLY TAILORED TO YOUR HAIR TYPE AND NEED, FOR NOURISHED, SILKY STRANDS (AND AN END TO BAD HAIR DAYS).

FREE DELIVERY RIGHT TO YOUR DOOR
SAVE \$2 PER ISSUE COMPARED TO RETAIL
BONUS JOHN FRIEDA PACK VALUED AT \$87.95
PAY AS YOU GO NO BIG UPFRONT PAYMENT

Get in quick! Offer ends September 24, 2017

Already a subscriber? Simply extend your subscription with this offer to receive your free gift.

SUBSCRIBE NOW MAGSHOP.COM.AU/ELLE79
OR CALL 136 116 AND QUOTE M1709ELE

Terms and conditions: Savings based on cover price of \$8.50. For full terms and conditions, visit magshop.com.au/elle79. Please see contents page for location of our Privacy Notice. If you do not want your information provided to any organisation not associated with this offer, please indicate this clearly at time of order or notify the Promoter in writing. Offer valid from August 21, 2017, to September 24, 2017, to Australian residents only. Free gift is sent to purchaser of the subscription. One gift per subscriber. After the first issue, the subscription will automatically renew and be billed as \$6.50 every issue thereafter. Subscription renews unless cancelled.

ELLE

FIRST LOOK

YOUR ESSENTIAL GUIDE

TO EVERYTHING
WORTH KNOWING
IN **STYLE,**
CULTURE
AND BEYOND

FASHION FORECAST

Right now it seems like uncertainty is the only thing that's certain in our topsy-turvy world, but you can leave it up to Jonathan Anderson to perfectly sum up fashion's response. For the new AW17-18 collection for Loewe, the creative director had blue kerchiefs and leather clutches embroidered with the pithy remark "You can't take it with you". Cue splurge-worthy luxury care of handmade textures and seize-the-day shapes, all topped off with big-brimmed Sou'wester rain hats. Because if unpredictability is the new reality, it pays for a girl to be prepared. □





TREND



Slides, \$130, Seed, seedheritage.com



Jumper, \$159, Coop By Trelise Cooper, trelisecooperonline.com



Bag, \$5,300, Prada, (02) 9223 1688

FASHION NOW

Welcome to the new season, where *all-out joy and a global outlook* are set to change everything

Each season, a designer typically chooses a "face". A woman who encapsulates everything they're trying to convey through their designs, embodies their vision and generally makes you feel bad about that last doughnut (don't). For its AW17-18 womenswear campaign, Prada chose Jessica Chastain. With Hollywood buzz and a coveted spot as one of 2017's highest-paid actresses, she was a natural choice.

But it wasn't just her celebrity status that nabbed Chastain the role. Since when did Miuccia Prada ever bow to popular opinion? Rather, it was the multidimensional woman she represents. From speaking out on the "disturbing" representation of women on film (Chastain was a vocal member of the Cannes Film Festival jury earlier this year) to fighting to protect women's reproductive rights, the 40-year-old is using her platform to create change. It's a multiplicity Prada captured in a series of intimate campaign images of the star segueing between the brand's belted coats and beaded dresses. "As a great actress, Chastain's

talent lies in the fact she can constantly reinvent herself anew, while also maintaining her own distinct self," read the press notes.

With years of experience under her embroidered leather belt, both as a woman and a designer, Miuccia knows it's not only about the dress, but the person wearing it. And sometimes that person feels like wearing bold patterned knitwear with a feathered bonnet, yeti boots and a cocktail jewel. And she should. Because this is fashion right now: a full-on, hit-you-between-the-eyes experience of textures, shapes, colours and quirky combinations worn any way you like. As the posters on the walls of Prada's late-'60s/early-'70s college dorm-themed show space declared: "Fashion is about the every day and the every day is the political stage of our freedoms." Permission to incite a riot from your wardrobe.

The team over at Etro definitely got the memo. Inspired by the same era, the collection was an explosion of rich brocade, leopard print, paisley and highly decorative detail evoking world travels (in a kombi, naturally) and hippie love-ins focused on pure, mind-bending pleasure. While at Loewe, an infinitely more 2017 take on the trend saw Jonathan Anderson offer up ➔



JESSICA CHASTAIN IN CANNES



DOLCE & GABBANA



Top, \$230, Lonely, lonelylabel.com

Skirt, \$290, Alice McCall, alicemccall.com



CALVIN KLEIN 205W39NYC



VALENTINO

TREND



Jacket, \$450,
Miss Crabb,
misscrabb.com



Bag, \$2,650, Prada,
(02) 9223 1688



DOLORE & GABBANA



Coat, \$1,850,
Paul Smith,
(02) 9331 8222

the most desirable patchwork dresses and lace trimmings, bold stripes, big polka dots and lavish proportions that were enough to make the most diehard of minimalists do a 180.

Reinvention of the choose-your-own-adventure variety was a constant theme this season. Call it escapism from the global issues baying at our doors. We rather optimistically prefer to think of it as a celebration of all that is good in the world – an ode to diversity, change and multiple points of view. The freedom to express yourself, to dress up and experiment is what makes fashion great. Take Domenico Dolce and Stefano Gabbana, who called on a tribe of friends, including mothers, daughters, siblings and lovers of all shapes, ethnicities and ages, to model their collection, each one choosing their own outfit and styling it to suit themselves. “The character of people is the important thing to us,” said Gabbana. “The message is: you need to accept yourself as you are.” Cue tiny handwritten love letters pinned to denim jeans and affirming words like “Star” and “Queen” emblazoned on jackets and headpieces.

This pervading mood of arty eclecticism showed through most strongly in accessories – a happy circumstance considering a well-chosen shoe or bag has the power to transform just

about anything. There were bold earrings and big totes at Céline, surreal rain hats at Marni and fringed clutch bags at Alexander McQueen, where designer Sarah Burton had looked to the tradition of Cornish cloutie trees in which strips of colourful cloth hang from branches as part of a pagan healing ritual. This spirit of folkloric romance also charged the Valentino collection, where fantasy dresses were swept along on youthful clompy boots, and Calvin Klein 205W39NYC, with new creative officer Raf Simons drawing on American heritage, teaming quilt-like coats with strappy sandals – just the thing to trot to the bank in.

Essentially, spring dressing comes back to celebrating the role we women play in shaping modern society, creatively, politically, socially and, yes, sartorially. For proof, see Chastain on the red carpet at the Cannes opening gala. Adorned in a tapestry of flora and fauna courtesy of a McQueen embroidery bustier dress, she formed one half of a gender-balanced jury panel alongside German screenwriter Maren Ade, French film director Agnès Jaoui and Chinese actress and producer Fan Bingbing – all incredibly talented women, all in equally fantastical gowns. All global citizens, engaged in the world, embracing life and redefining the femininity of our times. Inspired to join in? There’s a frock for that. □



LOEWE



DRIES VAN NOTEN



CÉLINE



ALEXANDER MCQUEEN

Earrings,
\$890, Céline,
(03) 9530 4300



Words: Gemma Leese
Photography: Saeed
Bakshani (left), Jason Lloyd-Evans
Styling: Danielle Cartlano

Everything Under The Sun

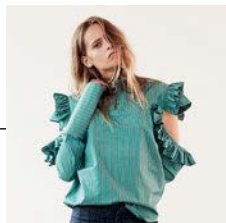
Dion Lee

DAVID JONES

ONE NAME : ENDLESS POSSIBILITIES

DAV2875_E

NEED TO KNOW



MAGGIE MARILYN

Everyone's new favourite designer is making a case for *grown-up ruffles*

You know you're onto a good thing when your first industry fan is Net-A-Porter's retail fashion director Lisa Aiken. New Zealand native Maggie Hewitt met Aiken in 2016 while showing her debut collection at Mercedes-Benz Fashion Week Australia. Fast-forward a year and the 23-year-old's label is stocked at David Jones, Saks and (naturally) Net-A-Porter, and is a firm favourite among the street-style set.

It's not hard to see why. Aesthetics aside, Maggie Marilyn fills a hole in the market: forward-thinking, high-quality and sustainable fashion at an affordable price point. "I didn't want to design pieces that were so expensive you were scared to wear them," says Hewitt. "I wanted to create clothing I could afford, that my friends could afford. So the perfect trench, the perfect denim jacket, the perfect slip dress – all those

wardrobe staples – then every season I'll build on that."

Growing up sharing clothes with her three sisters and mum has honed Hewitt's instinct for what women want and her understanding of the kind of girl who's increasingly seeking out her powerfully feminine designs. "She's a dreamer, quietly confident, a feminist but still openly vulnerable. There's this real sense of lightness and optimism." With orders flying in from everywhere, including the US and Middle East, and a rapturous response to the latest collection, trust us when we say this isn't the last you'll hear of Maggie Marilyn.

BUY NOW: Flared denim with raw hems or deconstructed shirt dresses with Victoriana ruffled sleeves.

maggiemarilyn.com



Pants, \$610,
Maggie Marilyn,
net-a-porter.com



THOMAS PUTTICK

THE THINKING WOMAN'S DESIGNER PRIZES STYLE WITH CONVICTION

Thomas Puttick is not yet 24 but to hear him talk of the "positive dialogue" he hopes to contribute via his resort 18 collection reveals wisdom beyond his years. In his debut at MBFWA this year, the internationally trained designer (both Alexanders, McQueen and Wang, are on his CV) showed flowing robe dresses and hand-painted trenches on models of all shapes and ages. "I try to design universal pieces," he says. "A lot of it comes down to tailoring and making sure it fits a range of women." Cue silk trousers that flatter thanks to the absence of side seams and separates designed to be layered. "The exciting thing is to see how a 20-year-old wears something versus a 60-year-old. The different outcomes are both beautiful."

BUY NOW: Wide silk trousers in shell pink and the matching singlet dress.

thomasputtick.com



ANNA QUAN

HELLO, NON-SNOOZE-WORTHY SHIRTING

With a background in law and training in fashion, Australian designer Anna Hoang was perfectly placed to create a line of shirting that blends the practical, and the profoundly chic.

A subscriber to the less-is-more philosophy, her label Anna Quan takes in exaggerated sleeves, refined materials and a precision fit and has so far been worn by Karlie Kloss and Kendall Jenner (two big-league stamps of approval for a designer just starting out). At her first solo show at this year's MBFWA, Hoang proved she can turn out a pair of bermuda shorts and tailored trousers with just as much finesse.

BUY NOW: Blue pinstripe shirting with a contrast collar and cuffs. annaquan.com



Words: Genevra Leek; Grace O'Neill. Photography: Lucas Dawson; Ben Morris; Andrew Finlayson (still life)

SAMSUNG

Galaxy S8



**Unbox your
phone**

Edge-to-edge display



Jacket, \$989, Georgia Alice,
mychameleon.com.au

SHOP TALK

If you've ever visited the My Chameleon site, you know all about its *clever mix of cool and classic*. It's exactly how we'd like our new-season wardrobes to look, so we went straight to the source – founder *Giselle Farhat* shares her style secrets

TELL US ABOUT HOW YOU FIRST DISCOVERED FASHION.

As a teenager, I spent a lot of time at the tailor while my mum would be fitted for suits made from imported European fabrics. I soon started to bring my own references of early '00s Calvin Klein dresses and Prada pants suits. Mum would also have her shoes handmade, which sparked my shoe obsession – I've collected pairs that are like artworks to me by Alessandro Dell'Acqua, Miu Miu, Saint Laurent, Sergio Rossi and Gucci by Tom Ford.

HOW DID YOU BECOME A BUYER?

I was working at Telstra after studying finance. I often holidayed in Europe and discovered incredible contemporary and emerging brands. It became more and more apparent there was a gap in the market, so My Chameleon was born in 2009 as an online store. After a year of operation I'd had such a positive response that I left my finance role. The buying for the store was (and still is) carried out by me, though I have no formal training. My first buying season was purely based on what I wanted in my wardrobe! But my finance background has provided a foundation for managing the business.

HOW DO YOU SPOT THE SEASON'S MUST-HAVES?

We analyse the past season and reference our moodboard that we build upon throughout the year. Our office wall includes imagery of muses Stella Tennant, Charlotte Rampling, Carolyn Bessette Kennedy and Maria

Schneider, as well as images of beauty, spaces, objects and art that emulate the tone for the coming season.

WHICH NEW-SEASON TRENDS ARE YOU EXCITED TO WEAR?

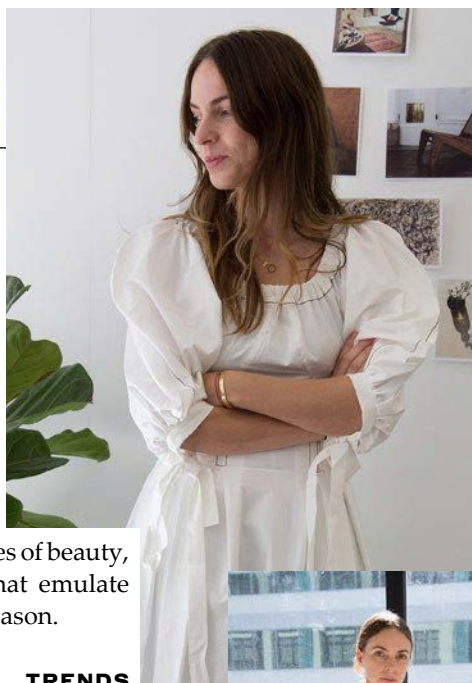
Shoulder detailing is still strong, whether it's voluminous or cut-out. Grey check suiting is also a big trend, as is earthy tones of rust and khaki.

WHICH DESIGNERS ARE ON YOUR RADAR?

Simon Porte Jacquemus has really created something special with his namesake label. He references his childhood to create authentic pieces full of creativity. Rejina Pyo is a young Korean designer experimenting with fresh shapes and finishes. And Protagonist is creating sophisticated luxury pieces with subtle design elements. For me, brands with an authentic voice and confident vision always stand out the most.

WHAT'S YOUR UNIFORM?

I wear either tailored pants or a black skirt, a shirt or cashmere sweater, a blazer and sandals or pumps. This formula works for meetings and shoots. And I never leave home without a tailored jacket or coat. If I'm in sneakers and have an impromptu meeting, a jacket sharpens my look. Ever since I was young, my mother would say, "Invest in quality and be comfortable in what you wear. Dress for yourself." □



Cardigan, \$173,
Organic By John Patrick,
mychameleon.com.au

Heels, \$790,
Jacquemus,
mychameleon.com.au

Cardigan, \$460,
Lauren Manoogian,
mychameleon.com.au



JACQUEMUS





FURLA

ITALY 1927

STEP UP

REVOLUTION

Meet the new-season shoe that's about to *transform* your wardrobe

Historically, the colour red has been linked to courage, power, liberty and passion.

Add desirability to that list and you've got the most sought-after boot of 2017, spotted striding out on multiple runways and bringing a woman-in-charge air of authority to everything from chiffon dresses to the sharpest of tailoring. Striking as they are, on a practical level they'll revolutionise every last look you already own, not to mention inspire countless new sartorial adventures. Zip yours up to the ankle under the season's must-have cropped flares, give a glimpse of thigh-high crimson underneath swishing hemlines or take a tip from Givenchy's AW17-18 retrospective collection and wear the colour of the season head to toe. Your new style motto: go red instead. □



\$2,040, Fendi, fendi.com

\$POA, Givenchy, (02) 8197 0420

\$1,600, Emporio Armani, armani.com

JOHN FRIEDA®

LONDON PARIS NEW YORK

me & john

Together, we can master frizz.
Style after style.

The original John Frieda® Frizz Ease® Collection. Frizz-fighting essentials for look after look. From smooth curls to the sleekest straight. Frizz freedom. Now style away.

Me & John & Frizz Ease®. Together we can.

#meandjohn

johnfrieda.com.au

f johnfriedaau

@johnfriedaau





Jasmine Sanders is celebrating her birthday. In fact, it's been a birthday festival of sorts, kicking off with friends and fireworks at a Japanese sushi bar in West Hollywood and now keeping the momentum days later with a surprise dinner in Venice, thrown by her other "family", Roman jeweller Bulgari. Sanders is the newly nominated digital ambassador for the LVMH-owned brand and she's been generously welcomed into the fold. "I'm super excited to be working with such an amazing group of people," she says the morning after, looking fresh-faced and for all the world like she'd been tucked up in bed by 9pm instead of partying in a local Venetian bar until the early hours. "[They were] all over my page and saw that I was celebrating

CAUSE TO CELEBRATE

Is this the new face of fashion?
We spend *a night in Venice*
with @golden_barbie and find out
what makes her tick

and figured I needed to celebrate with the family here as well!"

Sanders has been flown in to the City of Masks for the launch of Bulgari's Festa, a collection of more than 100 one-of-a-kind jewels and high-end watches inspired by the tradition, colour and cheer of the Italian festa. With her ready smile and effervescent personality, she's the kind of party guest you know will be first on the dance floor. If you haven't yet heard her name, it's likely because many know her by the Instagram handle Golden Barbie, a moniker derived from a childhood nickname. You'll most definitely recognise her though, from Kim Kardashian's happy snaps from their jaunt in Mexico last August, or perhaps Kylie Jenner's lip gloss line-up. But with respect to her high-profile friends, Sanders is a social-media superpower in her own right, and the 26-year-old has got the luxury fashion world's attention.

"I feel like I started off just having fun," she says of her Instagram success. "My first photo, which I still have on there, is a group photo of me and my friends at an amusement park. All of my friends were like, 'Oh, look at this new app, you can use filters.' I didn't know that it was sharing to the world... It was just another way for me to express myself and it was nice to see that people cared and, eventually, it just built and built and built."

As her followers grew, so too did a strategy to build brand @golden_barbie, to the point where she's now being proclaimed as the face of a new generation. But she's taking it in her stride. "I try not to go too serious because I want people to really see me as is. At this point, it's no more selfies. I just let someone take the photo for me because I feel like people want to see who you actually are rather than an imaginary angle."

Keeping it real is how Sanders stays connected to her 2.5 million followers, from behind-the-scenes snaps on photoshoots to shots of her boyfriend, producer Terrence J (he's already FaceTimed twice



@golden_barbie



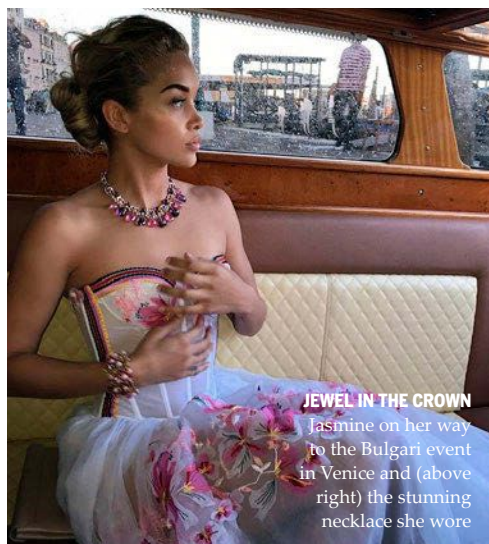
PROFILE

to make sure she's made our interview), and their two French bulldogs Bam Bam and Rocky (who now have their own Insta account – "If not, my whole page would be taken up by puppies so I think I helped everybody out by splitting the two!"). But the likes inevitably come with some bullying, to which she takes a zero-tolerance stance, unapologetically deleting offensive comments from her posts. "It's fine to say something rude to me because I can take it, but don't say it to a 14-year-old at home because I can't defend her... And it's my page so I can do what I want."

It's been no easy success for Sanders. Born in Germany (see the "Made in Germany" tattoo on her left arm) and raised in South Carolina, she went from being a self-described tomboy with an "ugly duckling face" and "crazy" hair to modelling at age 13, working with some of the world's best photographers. More than a decade's worth of work has brought her to her breakthrough moment, with luxury brands now seeing the value in her unique look. "For a long time I was doing more commercial-style work – Forever 21 campaigns, Nike campaigns... Then people [began] seeing me as an adult and branching me into things such as Bulgari."

Now, she's walked the runway for the likes of Miu Miu and Jeremy Scott's Moschino. Super-stylist Katie Grand and makeup magnate Pat McGrath are both huge fans. "I think the world is more accepting of my look now," she says. "I feel like before they didn't know where to put me, what category to put me in." With castings increasingly defined by multiculturalism and diversity, Sanders is embodying our times. Having a direct line to Naomi Campbell has helped. "I have to pinch myself because I looked up to her and now to be able to call and talk to her about an issue, whether it's regarding work or family life, she's always there."

Later, at the Bulgari gala dinner held at the historic Scuola Grande della Misericordia, Sanders flits between Lottie Moss, Lily Aldridge, Bella Hadid



JEWEL IN THE CROWN
Jasmine on her way to the Bulgari event in Venice and (above right) the stunning necklace she wore

**"I THINK THE WORLD IS MORE
ACCEPTING OF MY LOOK NOW.
BEFORE THEY DIDN'T KNOW
WHERE TO PUT ME, WHAT
CATEGORY TO PUT ME IN"**

with denim and sneakers (Sanders is a diehard Sporty Spice fan). But for now, the model is soaking up the magic of the moment.

"Sometimes you just have to stop and look around and take it all in because it's nothing that you would ever dream," Sanders says of the perks afforded by her skyrocketing status. "I personally didn't dream of this. I've always wanted to feel like a princess but... the past couple of days, just being able to wear the big pieces, it's nice to feel like a queen for the day." □

POWER PACK

The model is in good company among runway heavy-hitters Kendall Jenner and Gigi and Bella Hadid





VOLUME RISING

These are the *female artists making 2017 their own* – meaning if they're not already on your radar (or their songs on your playlist), they should be...

NANCY ANDERSEN OF BABEHEAVEN



There's an almost magical quality to Nancy Andersen's voice that gives you the impression she could sing about anything and make it sound good. As the frontwoman of the otherwise all-male British five-piece Babeheaven – born of her friendship with guitarist Jamie Travis – that "anything" often includes heartbreak in its many forms, set to the band's soulful, ethereal sound. The group don't yet have plans to visit Australia, so it's a good thing listening to their music on repeat is such a joy.

babeheavenband.com

RAY BLK



Nigerian-born singer and rapper Rita Ekwere, better known as Ray BLK, has skill and social consciousness in equal parts (BLK stands for Building, Living, Knowing). Whether rapping about sexism and sexuality in "Doing Me", socio-economic class in "My Hood" or weed-fuelled booty calls in "Chill Out", she's ensured her songs are an anthem of sorts for women, racial minorities and youth right now – which led to her picking up the BBC Sound Of 2017 award (while she was still unsigned, no less). She's in the midst of a European tour, and we've heard she's got her sights on our shores in the near future.

rayblk.co.uk

SLOAN PETERSON



Sydney-based Joannah Jackson may share her alias with Ferris Bueller's girlfriend and sidekick, but it's fast becoming apparent she's got leading-lady potential. With Françoise Hardy-esque looks and a sound tinged with psychedelia, the 24-year-old is without the naivety her age would suggest – her strain of whimsy is rooted firmly in reality. Keep an ear out for her self-titled EP, to be released September 15, as she embarks on her first headline tour around the country.

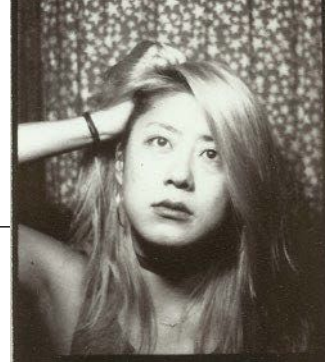
sloanpeterson.com.au

JACK RIVER

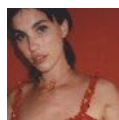


When Holly Rankin isn't busy creating synthy, psych-folk sounds as Jack River, she's championing fellow Australian talent – the singer is behind the all-female collective Electric Lady, which has manifested in music showcases starring Bec Sandridge, Ali Barter, Alex Lahey, Gretta Ray and others, and helped organise Grow Your Own, a grassroots festival held on the NSW north coast last year that was headlined by Dope Lemon (Angus Stone's solo project). Fans of her EP, *Highway Songs No.2*, will be glad to know she's still found time to work on a debut album, which is expected early next year.

jackrivermusic.com



RAINSFORD



If you're not familiar with Rainsford's sound, you'll likely know the face behind it: that of model and actress Rainey Qualley. Her famous lineage (her mother is Andie MacDowell) is just a jumping-off point – she's landed a spot on *Mad Men* and in a handful of indie films, and is a front-row fixture for the likes of Chanel, Miu Miu and Dior. A departure from the country-tinged tunes she put out a few years ago under her own name, her new incarnation is sultry, a little bit '90s R'n'B and definitely one to watch.

rainsfordmusic.com

THE ACES



Formed before its members were even 12, The Aces could have gone the way of many a childhood "band" – and the Best Friend necklaces that went with them. But the group – made up of sisters Cristal and Alisa Ramirez along with Katie Henderson and McKenna Petty – started booking shows at all-ages venues not long after forming. Eschewing college to continue the band has paid off – they signed to Red Bull Records last year and have an EP, *I Don't Like Being Honest*, under their belt with a debut album on the way.

theacesofficial.com

ANNA LOTTERUD OF ANNA OF THE NORTH



Anna Lotterud is the Norwegian half of Anna Of The North (the other being New Zealander Brady Daniell-Smith), formed after the pair met at a gig Daniell-Smith was playing in Melbourne. Their slow-burning electropop has been winning fans for a while now, including Tyler, The Creator, who invited Lotterud to feature on his track "911/Mr Lonely", alongside Frank Ocean. They drop their debut album, *Lovers*, on September 8 (the first single from which clocked up almost 700,000 streams on Spotify in its first week).

annaofthenorth.com

BEC SANDRIDGE



After doing the summer festival circuit and supporting The Rubens, Sandridge spent the first half of the year on her own headline tour (and belting out a cover of Farnesy's "You're The Voice" for Triple J's Like A Version). She's now working on her debut album, set to be full of the slick and gritty pop she's best known for. You can catch her at the Yours And Owls festival in Wollongong, NSW, this month. □

becsandridge.com

SHORT AND SOUR

Sour Heart, writer and poet Jenny Zhang's collection of short stories about growing up in a minority, is our *Book of the Month*

The first book picked up by *Girls* creators Lena Dunham and Jenni Konner for their publishing venture with Random House, *Sour Heart* charts the growing pains of a group of adolescent Chinese girls in a New York migrant community. Through seven short stories, author Jenny Zhang (herself an Asian-American) brings to life brash and unforgettable characters whose naive exploration of family, identity and sexuality will feel painfully familiar, but is then intensified by their experiences of race, poverty and cultural oppression. Those familiar with Zhang's poetry will find the same biting humour, shrewd wit and tender observation in her fiction debut – and if you're not, expect to be struck by her singular talent, which Dunham says left her "stunned, moved and – quite frankly – a little jealous".



HOW DID YOUR RELATIONSHIP WITH LENA DUNHAM (ABOVE RIGHT) COME ABOUT?

Lena is like my fairy godmother. That's not very feminist, but she's popped up in my life when I've been down. She picked up my poetry book [*Dear Jenny, We Are All Find*] and tweeted me one day to say she'd read it – we had a mutual admiration through the internet. When she emailed me to ask if I would open for her *Not That Kind Of Girl* tour, I had to ask my friend who had worked on *Girls* if it was Lena's email address, to make sure I wasn't getting catfished. I didn't want to show up and some creepy guy is there with his pants off! After about four years when I had enough for a whole book, it made sense to work together because Lena had been such a great supporter of my work. I was writing something that didn't quite fit anywhere, but Lena's world and the platform she's building felt like a safe space for strange people like me to hang out. ➔

WHICH STORY IN THE BOOK MOST CLOSELY REFLECTS YOUR TEENAGE EXPERIENCE?

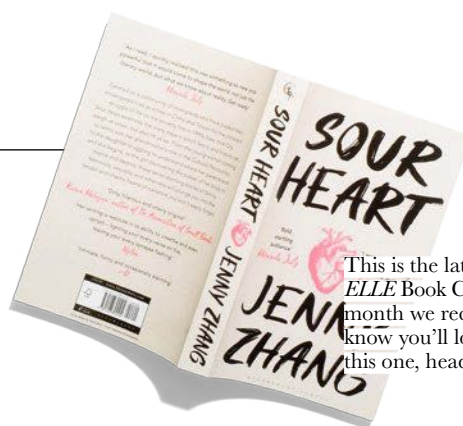
When I was a teenager, I had a very shut-in life because my parents had a fear that if I was allowed to socialise, I would destroy my life. So, much like in the story "The Evolution Of My Brother", I concocted a scheme to get into a really good college program for high-schoolers because I knew they wouldn't say "No". I wrote a version of the story when I was 19, and when I went to edit it for the book, at 33, I felt disgusted at my teenage self. I realised this person feels so sorry for herself and her shut-in life, but she never considers what her parents are doing to allow her to even have a shut-in life – she gets to go to this program that costs \$4,000, when they wouldn't even dare to order a soda at dinner because they don't want to spend the \$1.25. It became about her realising there's a price for moving up in socio-economic class, and her parents are the ones who paid for it.

DO YOU THINK YOUR STORY WOULD BE DIFFERENT IF YOU WROTE IT NOW?

I think so – it's a different story at every age. I had to leave my teenage years and even my twenties [to] realise I'm not the protagonist in anybody's story but my own. No matter how significant of a role I think I play in somebody's life, they have their own story. In each of the stories in the book there's a moment where it's obvious these narrators are all focused on their own suffering. I'm still learning to be less interested in my own stories, and find the things that aren't the most obviously interesting things about other people's stories. I'm still learning to let go of my ego a bit.

ONE OF THE STORIES IS QUITE CONFRONTING, ABOUT A GROUP OF KIDS WHO VIOLATE A GIRL WHILE THEY'RE LEFT UNDER THE WATCH OF AN OLDER SIBLING. WHY DID YOU CHOOSE TO REPRESENT IT THAT WAY?

When we had sex education in school, it turned out almost every girl in my class had been sexually assaulted. So many of them had no parents at home because they had to work until midnight every night, and it made



This is the latest instalment of the ELLE Book Club, a place where each month we recommend one read we know you'll love. To win a copy of this one, head to ELLE.com.au/win.

me really sad to think of the horrible, painful irony of adults who work so hard so their children can have a good life but the trade-off is that they're not home to guide their kids. But on a macro level, it's a story that a lot of young people experience – being small and lost with no adult guidance or idea of what's going on. It's incredibly shameful and scary that when you're a kid with no idea what you're doing, something you do can violate and destroy someone in a way you later realise you can't go back on. At the same time, we don't know how to place blame because we're talking about

children, not adults. I wrote the story because it was something that was just inside me, but I still wonder if I did it justice and integrity and did it with an eye towards some sort of value. I hope so, but I can't say. If it causes harm, I would have to accept that and take responsibility, but my intention was to expose and bring light to something that's common and very, very difficult to talk about.

HOW DO YOU THINK YOUR CHARACTERS' EXPERIENCES (IN THE '90S) WOULD BE DIFFERENT IN 2017?

I think there's a way in which these girls, who are outsiders and weirdos, might feel a little less persecuted and isolated, because it would be easier for them to connect with people like them online. The internet would politicise them and radicalise them. But on another level, they'd end up still feeling quite powerless because with the ability to talk about lives that are often ignored or marginalised, there's a new kind of rage, of "What the hell? Why have girls of colour experienced such emotional and physical violence? Why are these communities in poverty not getting attention? Why aren't things getting better?" □

JENNY'S READING LIST



WHEN WATCHED BY LEOPOLDINE CORE

A collection of short stories by my friend and fellow poet Leopoldine Core – she's incredible. (\$16, Penguin)



CITIZEN: AN AMERICAN LYRIC BY CLAUDIA RANKINE

Rankine belongs to that tribe of women authors who are a scribe for our time, who we look to for prophetic guidance. There's something about her work that I feel safe and secure reading. (\$24.99, Penguin)

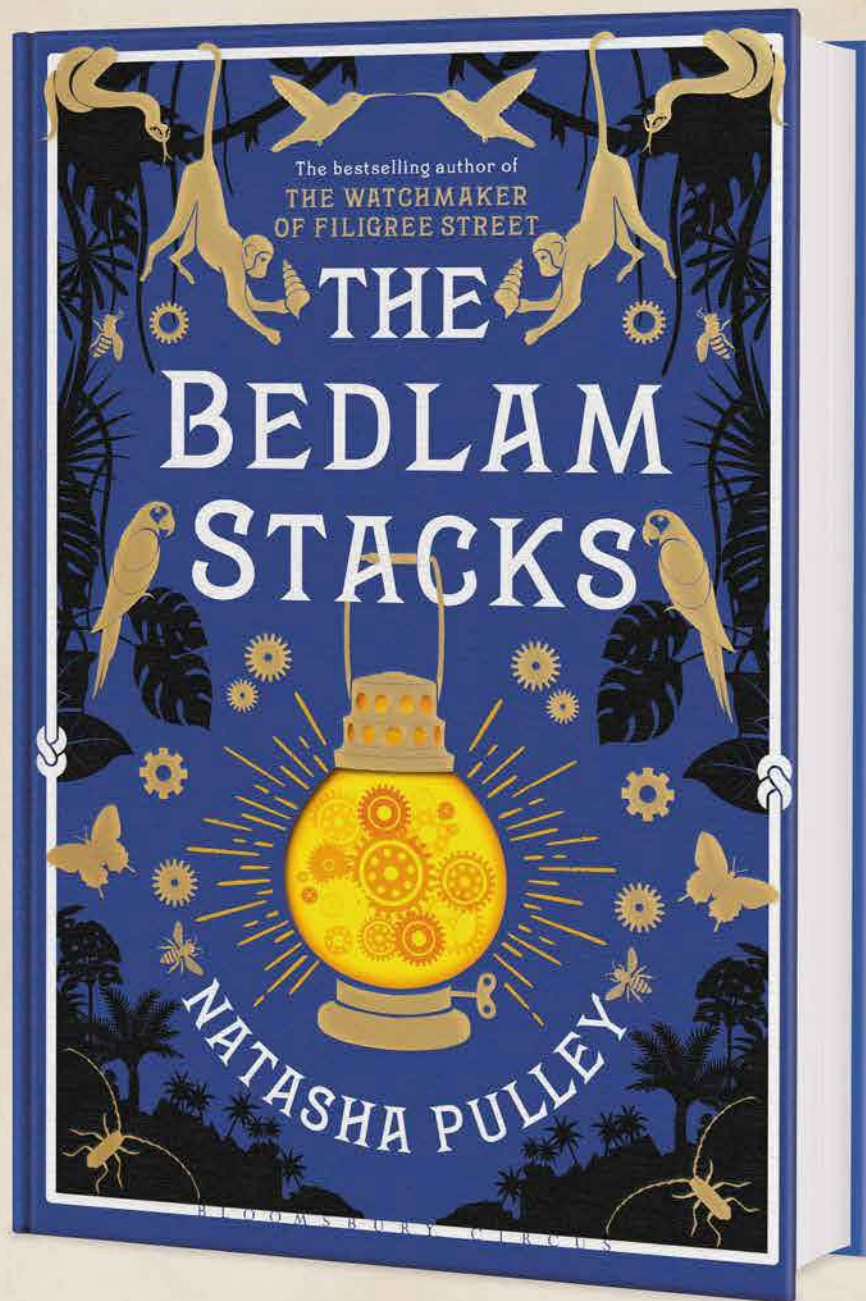


THE NEAPOLITAN NOVELS BY ELENA FERRANTE

The themes in Ferrante's books – such as female friendship and disappointment in marriage – seem very minor but she has made them undeniably major and riveting. (\$22.99 each, Text Publishing)

‘A SHEER FANTASTICAL DELIGHT.’

The Times

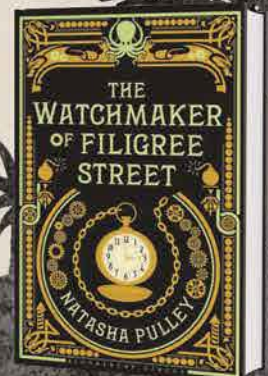


A TREACHEROUS QUEST
IN A MAGICAL LANDSCAPE
TO SMUGGLE A SECRET CURE...

B L O O M S B U R Y



#BedlamStacks





! Catch Danielle Macdonald in *Patti Cake\$* from September 14

HUSTLE AND FLOW

Australian actress Danielle Macdonald brings to life a new hip-hop heroine in *Patti Cake\$*

If we told you before this year's Sundance Film Festival that 26-year-old Danielle Macdonald could spit with Nicki Minaj-level swagger, we'd understand if you didn't believe us. After all, Macdonald, who grew up on Sydney's northern beaches and had never rapped before, was barely known in Hollywood, her credits consisting of bit parts – such as a member of an anarchist group in 2013's *The East* – and being cast as a lead in the 2010 series *Huge* (until her visa didn't come through). But when Macdonald debuted as MC-in-the-making Patti in director Jeremy Jasper's *Patti Cake\$* – about a struggling bartender with rap-star dreams and a screw-the-haters attitude – she caused a who's-that-girl frenzy on par with previous festival breakouts Jennifer Lawrence (*Winter's Bone*) and Gabourey Sidibe (*Precious*).

In 2014, Jasper cast Macdonald after seeing her in *The East*, and the two spent weeks honing Patti. At first, “she was a little cut-and-dried,” Macdonald says. “Patti is tough and knows what she wants, but I wanted to find all her weaknesses, her self-doubt, in order to get to her strength.” She also immersed herself in hip-hop culture while working on her flow. “I listened to Nicki, Jay Z, Kendrick – and a lot of Biggie,”



says Macdonald, who'll be on the film's soundtrack rapping about everything from sex to body image to the struggles of the working class. “Biggie helped me find that relaxed confidence Patti needed.”

As for her rap future? “I'll leave it with Patti,” says Macdonald. “Jeremy wrote everything; I just performed it. So I'll still just, I don't know, rap along in the car.” □

! **NEED A TECH BREAK?** Melbourne-born literary phenomenon Women Of Letters will see a panel of acclaimed guests pay homage to the art of letter-writing as part of the Antidote festival at the Sydney Opera House on September 2. antidote.sydneypophouse.com

TECH

THE WIRE(LESS)

We're now far outnumbered by *wireless devices*, but how worried do we need to be about *what they're giving off*?

It used to be that everyone knew someone who at some point had shunned a microwave out of a fear the radiation was doing them harm. In 2017, the equivalent is refusing to sleep with a phone by your bed or switching your wi-fi router off when you're not using it. But considering there are now more mobiles in the world than people and wi-fi is inescapable, should we all be concerned about the radiation we're exposed to?

"Talking or texting on a cell phone uses the same kind of radiofrequency radiation you would find in a microwave," nutritionist Ann Louise Gittleman told Goop, claiming the "radiation that surrounds us 24/7" is a "stressor" for the nervous system and is associated with cancer, motor neurone disease and Alzheimer's. In her new book *Wireless-Wise Families*, author Lyn McLean also claims the radiation from our devices can affect young

and unborn children, and even a woman's ability to conceive.

But for every argument about the destructive effects of wireless tech devices, there's an equally compelling one on the other side. While he "wouldn't go sticking my head in a microwave", Dr Darren Saunders, a cancer biologist and senior lecturer at the University of NSW's School of Medical Sciences, dismisses links between mobiles and microwaves, saying microwaves "operate at [a] massively higher power" – and he isn't suggesting you forgo last night's pad thai either. "Microwaves are shielded to prevent radiation leaking out."

According to Dr Sarah Loughran from the Australian Centre for Electromagnetic Bioeffects Research, while the radiation emitted by mobiles can lead to small changes in brain activity, what's important is if these have a negative impact on the body. "So far no consequences have been determined."

Loughran adds: "There's no evidence that exposure to low-level electromagnetic radiation has an impact on human health." It's a consensus held by leading bodies such as the World Health Organization, which states: "The overall weight of evidence does not indicate that electromagnetic fields cause long-term health effects such as cancer." The International Commission on Non-Ionizing Radiation Protection also says there's "no biophysical mechanism that could explain carcinogenicity" of the radiation from devices.

Despite this, some advocate for precaution. "No-one knows what levels of long-term exposure are safe," says McLean, who, among her advice for limiting device usage, suggests texting rather than calling. But it's 2017 – so you were probably going to do that anyway. □



EAT

LOCAL FAVOURITE

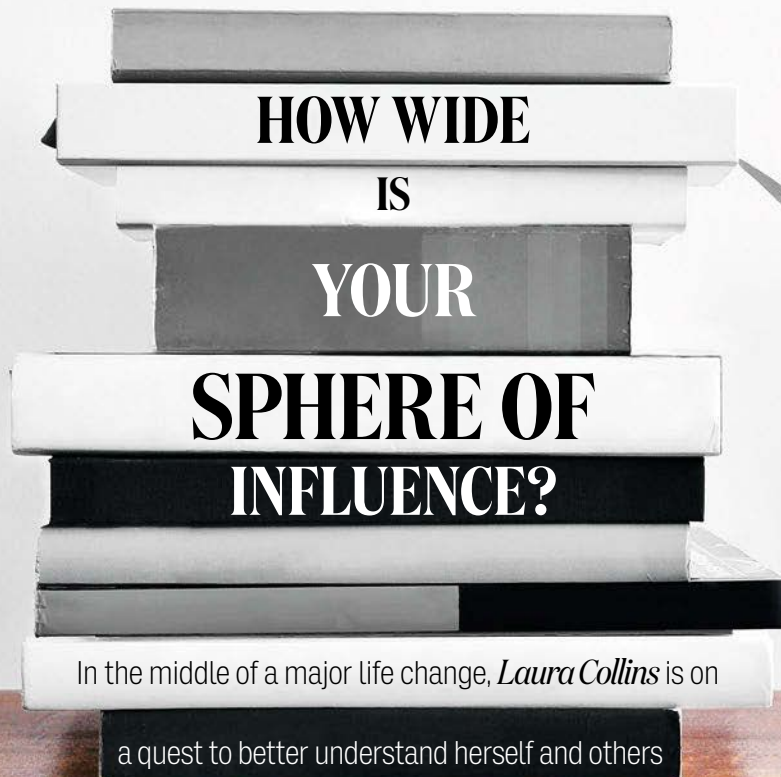
Melbourne's most popular eatery, *Chin Chin*, is headed to Sydney

While you can expect to queue when Chin Chin opens in Sydney's Surry Hills this month – the original Melbourne outpost still attracts long lines, six years after opening – it'll be well worth the wait. Senior executive chef Benjamin Cooper and head chef Graeme Hunt have been busy creating a menu full of new favourites, but one that still has the most-loved dishes at its core. "It wouldn't be Chin Chin without the classics," says Cooper. "And people would probably kill us if they couldn't get them in Sydney."

The signature dish? "Jungle curry-spiced flank steak with wild ginger, okra and holy basil," says Hunt. And Cooper assures us the vegetarian options, such as roast cauliflower with curry coconut cream, will make even the staunchest of carnivores "question ever needing to eat meat again".

The bar is the perfect place to wait for a table, or take the plunge and request a seat for one: "There's always room for solo diners," Cooper says. And we suspect that's the closest you'll come to cutting the line. □





HOW WIDE IS YOUR SPHERE OF INFLUENCE?

In the middle of a major life change, *Laura Collins* is on
a quest to better understand herself and others

By the time you read this, I'll have packed up my house, kissed my mother goodbye and flown halfway around the world to call the Netherlands my new home. I don't have a job, an apartment or a bank account there, and I'm not 21, so the idea of bunking in a hostel while I "figure it out" makes my skin crawl – as does the thought of having to make new friends and the prospect of earning minimum wage at a cafe (not to be confused with a "coffee shop"). I'm determined to set up my new life with the confidence and capability of a fully functioning adult. A life change as significant as this encourages one to step back and take stock: what kind of person am I? Is it different to the person I'd like to be? How do I feel about my relationships? How do I win over that rental agent/new boss/bicycle-repair guy? Turning to the only thing cheaper than a psychologist, these three new-release books claim they can help me find answers in the midst of my navel-gazing.

The Influential Mind: What The Brain Reveals About Our Power To Change Others BY TALI SHAROT (\$32.99, HACHETTE)

THE SELL: Neuroscientist and author Sharot believes our ability to influence others is dependent on how the emotional parts of the brain are wired, rather than a person's ability to recite compelling climate-change facts or give an impassioned speech as to why *Baby One More Time* was Britney's best album.

FIRST IMPRESSION: There are few things as annoying as a difference of opinion – from politics to deciding on what to order for dinner, most of us are attached to our beliefs and winning an argument often comes only when we take an emotional approach (so I'm prepared to play the homesick card any time my boyfriend and I disagree over the next few months). This is the kind of book I'll read twice, then lend to a friend – if they promise not to use it against me.

SHOULD YOU READ IT? If you're in constant combat with someone, reading this book could turn things around. But beyond that, Sharot suggests you use your new-found power for good by

looking inward – are your biased opinions making you the impossible one? Being more open-minded could make you a better person.

Taming Toxic People: The Science Of Identifying & Dealing With Psychopaths At Work & At Home

BY DAVID GILLESPIE (\$32.99, PAN MACMILLAN)

THE SELL: Gillespie, also the author of the anti-sugar bestseller *Sweet Poison*, believes up to 10 per cent of people are probably psychopathic. Charming, impulsive and narcissistic, they can leave us feeling cheated and humiliated, even questioning our own sanity.

FIRST IMPRESSION: Gillespie wastes no time in throwing the word "psychopath" around. Yes, I've come across plenty of toxic people, but *psychopaths*? It feels judge-y. Gillespie says he's using the word in a non-scientific sense – the way I might call my sister a psychopath in an argument over Netflix, not in the way Olivia Benson describes a perp. He goes into a lot of detail about what

**"A LIFE CHANGE
ENCOURAGES
ONE TO STEP
BACK AND
TAKE STOCK:
WHAT KIND OF
PERSON AM I?"**

to look for in a psychopath, which gets a little boring, but also... friends and bosses have duped me in the past, and that was before I had to deal with a language barrier.

SHOULD YOU READ IT? Some parts feel more like a history lesson than tangible advice but once we get to the action, I'm hooked. Did you know psychopaths are great one-on-one because they're experts at reading you, but are no good in groups? It's why the person you suspect as the "work psycho" never goes to drinks. If you feel taken advantage of by people who seem to be missing a sensitivity chip, read this book.

The Four Tendencies

BY GRETCHEN RUBIN (\$32.99, HACHETTE)

THE SELL: Delving deeper into her exploration of human nature, Rubin's book centres around the question, "How do I respond to expectations?" The writer posits that,

based on your answer, you'll fall into one of four personality-type categories: Upholder, Questioner, Obliger or Rebel.

FIRST IMPRESSION: Like Rubin, I'm fascinated by the way people can be grouped using personality-type schemes like Myers-Briggs or the Big Five, and without even doing the quiz, I know I'm an Obliger. We're super reliable – we'll get shit done even if it means staying back until midnight – but when setting internal goals without outer accountability from a boss or loved one, we're basically guaranteed to fail.

SHOULD YOU READ IT? In the hope of better understanding my actions as well as those of the people around me, this book has become my manual. After exploring each tendency in detail, Rubin offers a practical takeaway: figure out whether your colleague is an Upholder or a Rebel and it'll be easier to predict how they'll behave. It's like *Linda Goodman's Sun Signs*, but more legit. □

SEE

THE APPROACH

Our selection committee is made up of gallerists who exhibit in art fairs around the world and curators who work internationally, so their judgement is informed by the global contemporary art scene. They vet applications according to how well a work will stand on the international stage.

THE ARTISTS

I'm excited about Australian artist Riley Payne, who will show in the Future section. And it'll be the first time we've seen [Indigenous painter] Vincent Namatjira, New Zealand ceramicist Virginia Leonard and Chilean painter Ignacio Gumucio.

THE BUZZ

Kiwi sculptor Glen Hayward is carving an entire car for the fair and Japan's Teamlab are working on a nine-screen video installation.



"SIDE TIED UNDIERS" BY VIRGINIA LEONARD

**FAIR
GAME**

This year's Sydney Contemporary will see some *90 galleries put hundreds of artists on show* over four days at Carriageworks. Fair director Barry Keldoulis lets us in on the *all-important game plan*

Ceramics will feature heavily, as will artists working with embroidery and fabric – look out for Mehwish Iqbal. And you can never write off a painting – Ben Quilty and Michael Zavros both draw admirers.

THE HOT TIP

Opening night is a great way to experience all the excitement of the fair. Carriageworks will be transformed into an immersive night of

"CONTINUOUS LIFE AND DEATH AT THE NOW OF ETERNITY" BY TEAMLAB



"THE QUEEN AND ME" BY VINCENT NAMATJIRA



"RAM" BY MICHAEL ZAVROS

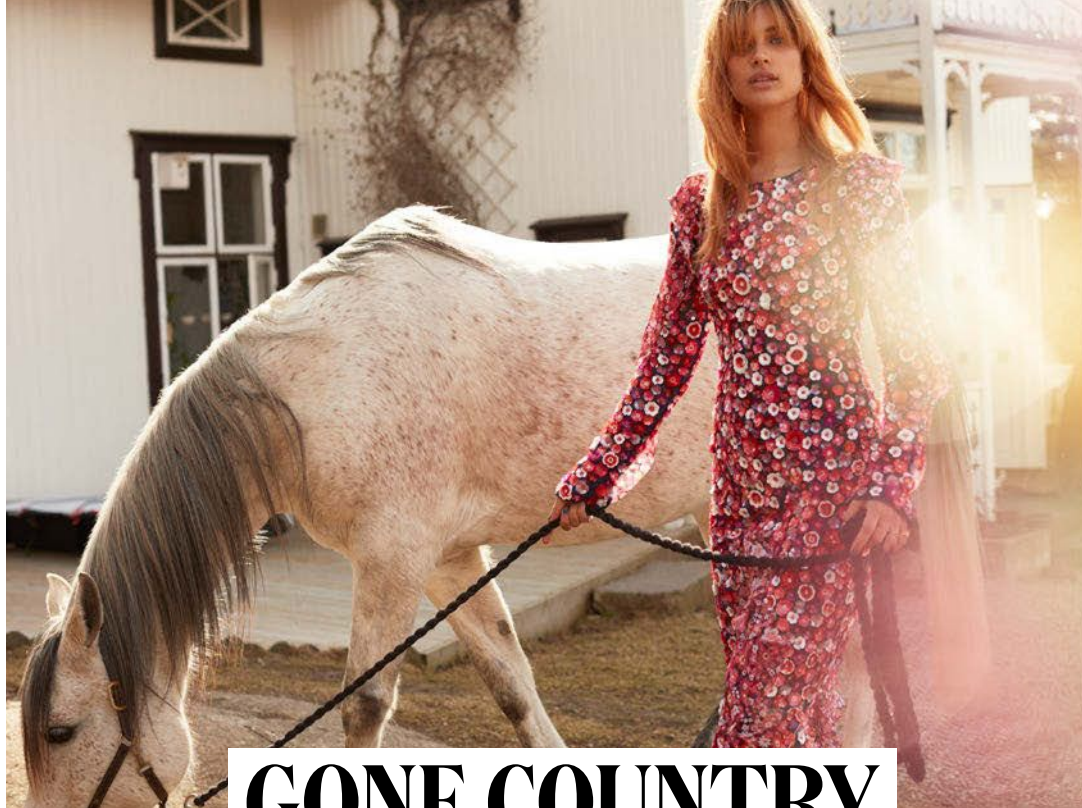
art, music and food with live performance and large installations.

THE PLAN

Allow three hours – you'll feel like you've cheated yourself if you don't see everything. Start with a glass of wine and take the time to chat to the artists and gallerists. The talks program is also worth checking out.

THE FUTURE-PROOF INVESTMENT

The Future section is a good place to find the emerging gang of young hot things. Supporting the artists you like now has the power to create major artists of the future. □ *Sydney Contemporary runs September 7-10; sydneycontemporary.com.au*



GONE COUNTRY

Always dreamt of trading your city life for country air? Whether you want to create a more tangible existence in somewhat uncertain times, are in search of a more “authentic” way of living (or just looking to put this season’s gingham tops to practical use), here’s *our guide to making a “tree change”* – and making it work

TALE OF TWO CITIES

In their previous lives, Emily Uebergang and Sarah Groom worked in finance and the food industry respectively, but now they cohabitate – along with Groom’s husband and two kids – on a farmstead in northern NSW, around four-and-a-half hours from Sydney. They spend their days perfecting their produce, selling pasture-raised eggs, kombucha and sauerkraut, and hosting farmstays for

those after a taste of the simple life (so, no *Grey Gardens* reclusiveness here). They reveal what it’s like to make the switch to a place where the grass is always greener.

“MOVIN’ TO THE COUNTRY, GONNA EAT A LOT OF...”

Peaches have antioxidant and anti-inflammatory qualities and have been credited with reducing anxiety (but leave the stone, it’s poisonous).

EXPECT THE UNEXPECTED

In hindsight, we were ill-equipped for what was to come, even with a few skills like knowing how to ferment food and build a compost. We’d spent a bit of time volunteering on farms to see what it was like, which is a great way to work out if

it’s right for you. But mostly you need an open mind, enthusiastic attitude and willingness to get in and get dirty. Plus a sense of humour when things go wrong! The rest you can learn as you go.

LEAVE YOUR EGO AT THE FENCE

If you don’t have the right attitude, you’re going to feel crushed very quickly. It’s hard, isolating work at times, and you’re probably going to be wrong 99 per cent of the time. The first months are like learning to walk all over again. It’s still a work in progress and we’re constantly evolving alongside our business.

IT TAKES A VILLAGE

We live on the top of a mountain, up a winding dirt road, and the closest town is nearly an hour away. We only knew two people before moving here, but the help and support we’ve received from fellow farmers and locals has been overwhelming. One of the most important things is to really embrace and value your community.

IT’S WORTH IT

No two days are the same, and every day is an opportunity to learn and grow. And there’s no traffic!



COUNTRY GRAMMAR

Verse yourself in the basics, and even try your hand at an IRL farmstay

PERMACULTURE SYDNEY INSTITUTE

Just over a two-hour drive north-west of the city, Permaculture Sydney offers introductory courses on managing beef and dairy cattle, poultry, beekeeping, preserving and fermenting. Hone your skills during a farmstay, or grow your own organic food supply on a rented plot of land using their farm-share scheme.

permaculturesydneyinstitute.org

CERES COMMUNITY ENVIRONMENT PARK

The location of the Centre for Education and Research in Environmental Strategies (CERES) in East Brunswick means Melburnians barely have to leave the city to take one of the courses in permaculture design and sustainable gardening, or dip a toe in with sourdough baking, cheesemaking and basketry classes. The 14-session Urban Farmer Course covers everything for the budding horticulturist, including planting, fertilising and harvesting produce. Until your own supply gets off the ground, the centre’s food delivery program – which is focused on employing asylum seekers – will bring you seasonal, organic and minimally packaged produce from their property and those of like-minded growers.

ceres.org.au

A TOUCH OF COUNTRY

How to *get your fix* without leaving the city

Grow, baby, grow

Growing your own vegies and herbs is one of the easiest ways to bring life (literally) to your concrete jungle, whether in a backyard vegie patch, courtyard planter box or just a kitchen benchtop set-up. "There's a certain intangible joy in a homegrown harvest," say Mat Pember and Dillon Seitchik-Reardon of The Little Veggie Patch Co, whose new book *Grow. Food. Anywhere.* offers hope that even those who have managed to thwart the most "unkillable" plants can grow their own crop. Soil in urban areas tends to be hard and acidic, they say, so start with a five-way soil blend, which mimics an ideal growing environment, or premium potting mix (cheaper versions use a lesser-quality blend and chemical

fertilisers). If short on natural light, an artificial LED one can help create the perfect conditions. You'll also need to be committed to watering, though an automated system will mean you'll never have to put your plants' health in the hands of a flaky friend on a weekend away.

TIP: Not a green thumb? Try these hard-to-kill plants: lettuce, rocket, tomato, basil, radish, chilli, mint, mushroom, kale, spinach and garlic.

Buzz feed

Bees aren't just good for the sweet stuff that tastes great on crumpets – around one-third of our food supply comes from crops reliant on them. While bees can survive and pollinate without our help, tending to your own supply of natural honey can have a range of health benefits due to its natural antibiotic qualities. If you have a rooftop, courtyard or backyard, you can use it to keep a beehive, and along with the structure and water supply, you'll need a suit, gloves, smoker, hive tool and brush. In most states, you'll need to register your hive – and yourself, as a beekeeper – and while you don't require certified training, it takes a little more than a YouTube tutorial to start out and commitment to maintain, so look for a course in your area. The Amateur Beekeepers Association (beekeepers.asn.au) is a good start for hobby apiarists.

TIP: If a swarm of bees is in your backyard, don't spray them as they'll get agitated. Find a beekeeper who can move them along. □



REEL LIFE

Films to inspire a change of scenery (and the lessons to take from them)



FUNNY FARM (1988)

Take a tip from Andy Farmer (Chevy Chase) and make friends with the locals, fast.



STEALING BEAUTY (1996)

Floral slip dresses, tie-front shirts and top knots: Liv Tyler is the ultimate country-style muse.



ANNE OF GREEN GABLES (1985)

Always cover the sauce.



A BIGGER SPLASH (2015)

A lesson in what *not* to let happen when your friends (eventually) come to stay for the weekend.

FARMER WANTS A LIKE

Follow these accounts for a first-hand look at farm life, from their fields to your feed.



@grownandgathered



@milkwood.permaculture



@epicureanharvest





MARCCAIN

Marc Cain Collections

THE ELLE MANUAL NEW SEASON

HOW TO DRESS NOW

STYLING TRICKS TO HELP YOU LOOK COOL, FAST

Welcome to *ELLE*'s new-season shopping report. It's the September issue, traditionally one chock-full of the hottest trends, must-have pieces and endless updates. Rest assured, this Manual has all that – and more. We get that you're time-poor, so we've scoured the latest AW17-18 collections from New York, London, Milan and Paris to determine the eight key styling tricks you'll need to teleport yourself into "Cool Girl" world. The only colours, textures, shapes and extras worth investing in are in the pages ahead.

Top, \$59.95, **Bossa**, theiconic.com.au; skirt, \$1,870, **Prada**, (02) 9223 1688; socks, \$8.95, belt, \$12.95, both **Dangerfield**, dangerfield.com.au; heels, \$190, **Seed**, seedheritage.com; nose ring, model's own (worn throughout)

Backpack, \$195, **Marimekko**, marimekko.com



ONLY BUY RED

Give the millennial pink a rest. Fashion's new hue falls anywhere between fire-engine and cherry red – shades that beg to be seen. Once you've come to terms with the attention (it won't take you long), try it head-to-toe in your favourite silhouette, be it boxy, streamlined or a combination of both.

paint the town...

TOP OFF YOUR ENSEMBLE WITH THESE CRIMSON EXTRAS OR START SMALL AND INJECT A HIT OF SCARLET AMONG YOUR DAILY PALETTE OF DENIM, GREY AND BLACK. ➔



Sunglasses, \$119, **Adam Selman X Le Specs**, lespecs.com



Flats, \$129, **Country Road**, countryroad.com.au



Earrings, \$95, **Dinosaur Designs**, dinosaurdesigns.com.au

THE ELLE MANUAL NEW SEASON

WEAR A **SUIT,** **EVERY DAY**

For so long, fashion has been championing the end of dress codes. We wear hoodies with sequins, tea dresses with sneakers...

and that's just to the office. But the AW17-18 collections have other ideas for your nine-to-five: consider the Daily Commuter Suit. As well as taking the guesswork out of your what-to-wear-tomorrow woes, a power suit is the thinking woman's feminist war cry. Be the CEO of your life in a strong silhouette built around well-tailored trousers and a matching double-breasted jacket.



Jacket, \$880, pants, \$499, both **Strateas Carlucci**, strateascarlucci.com; crop, \$389, **Georgia Alice**, georgiaalice.com; cap, \$110, **Fallen Broken Street**, fallenbrokenstreet.com; bag, \$5,210, **Chanel**, 1300 242 635

but seriously, what shoes do I wear?

FIND WHERE YOUR SUIT SITS ON THE FIT SPECTRUM AND CHOOSE FOOTWEAR ACCORDINGLY



CELINE

LONGER-LINED like this beauty spotted at Céline. **SHOE:** A fresh take on flats courtesy of a tapered toe.

Flats, \$570, **Mansur Gavriel**, mychameleon.com.au



LOEWE

TAILORED YET RELAXED, as seen at Loewe. **SHOE:** Open-toe sandals with an urban summer vibe.

Platforms, \$230, **Sol Sana**, sol-sana.com.au



JIL SANDER

OVERSIZED with cropped trousers, like at Jil Sander. **SHOE:** Chunky brogues.

Brogues, \$230, **Sol Sana**, sol-sana.com.au



ALTUZARRA

SLIM AND SHARP, à la Altuzarra's tailoring. **SHOE:** Continue the long lines with sculptural heels.

Heels, \$959, **Michael Kors Collection**, (02) 8666 0666



ALEXANDER MCQUEEN

A CLASSIC FIT with tuxedo-style accents, shown at Alexander McQueen. **SHOE:** White courts. ➔

Heels, \$59.30, **Asos**, asos.com/au

SNAP TO IT



instax SQUARE
SQ10, \$399

*Turn your everyday
essentials into a work
of art with instax
SQUARE SQ10*



ESSENTIAL
EDIT



Whether you're snapping street-style looks or creating fashion-forward flat lays, the innovative instax SQUARE SQ10 is the It-camera to own. Combining digital and analog technology it gives you the best of both worlds – shoot as many images as you need, then instantly print your favourite selects in a stunning

square format on premium film. Using just three buttons and one dial, explore more than 3000 photography styles (think beautiful filters, smart processing settings and more). With the iconic instax SQUARE SQ10, there are no limitations to your creativity; no end to your artistic expression.



instax
INSTAX.COM/SQUARE

THE
ELLE
MANUAL
NEW SEASON

SPARKLE FROM
THE GROUND UP

Hot on the heels of the white-boot trend is the glitter shoe. This season, sensible jeans (Isabel Marant), black dresses (Saint Laurent) and tweed (Chanel) were all counteracted with high-shine silver twinkling on the toes. While most designers sent out glitter boots, trans-seasonal Mary Janes, sandals and mules are also worthy of the sparkle treatment.

shine bright

For a feminine touch, accent sparkly shoes with ladylike details – think bows, pointed toes and schoolgirl-style straps.



Heels, \$170, Wittner, wittner.com.au



Heels, \$39.99, H&M, hm.com/au



Boots, \$275, Zomp, zomp.com.au



Heels, \$165, Nu By Neo, zomp.com.au



Dress, \$829, Georgia Alice, georgiaalice.com; boots, \$13,595, Saint Laurent, ysl.com/au; earring, \$279 for pair, Ryan Storer X Tyson & Peppa, tysonpeppa.com



MISSONI



SAINT LAURENT



ISABEL MARANT



MARCO DE VINCENZO

Bodysuit, \$150, **Bec & Bridge**,
becandbridge.com.au; skirt,
\$2,130, boots, \$4,270,
belt, \$1,570, all **Prada**
(02) 9223 1688; earrings,
\$12.99, **H&M**, hm.com/au



MARC JACOBS



LENAIRE



PRADA

REPLACE DENIM WITH **CORDUROY**

We've enjoyed our seasonal flings with velvet, satin and lace, but right now, fashion is falling hard for corduroy in the form of skirts, trousers and oversized suiting. The texture first made a statement at Marc Jacobs' show in New York and was cemented as a trend by Prada in Milan, with designers sticking to a throwback palette of khaki, cream or rust, offset by jewel tones or black. Your muses: Carolyn Bessette Kennedy in the '90s, Alexa Chung on her way to a festival or any character from *Stranger Things* (we miss you, Barb).

THE KEY CORDS

AN OVERSIZED BOMBER

A lightweight shearling lining creates an authentic retro effect.



Jacket, \$150, **Insight**,
generalpants.com.au

A HIGH-WAISTED SKIRT

Opt for an A-line with the hem on or above the knee.



Skirt, \$59.95, **Subtitled**,
generalpants.com.au

'70S-STYLE FLARES

Go for a wide-leg pair that sits on the hips and just above the ankles.



Pants, \$129,
Boom Shankar,
boomshankar.com.au

CORD-ACCENTED ACCESSORIES

Try high-tops with ribbed socks peeking out the top. ➔



Trainers, \$60, **Asos**,
asos.com/au

THE ELLE MANUAL NEW SEASON

THE CLASH CLUB
FRESH NEW MIXES
OUR FAVOURITE
SHOWS SWEAR BY



← According to **PRADA**, mustard, Barbie pink and grey is the new go-to.



→ In London, **ROKSANDA** mixed muddy red, electric blue and ochre.



→ Meanwhile, **ACNE STUDIOS** introduced burnt rust to sky blue.



← Raf Simons for **CALVIN KLEIN 205W39NYC** chose a primary pairing with flashes of white and black.

→ At **BALENCIAGA**, herringbone popped against plum, navy and vibrant green.



Dress, \$695, KitX, kitx.com.au; top, \$99.95, Witchery, witchery.com.au; pants, \$330, Lavee, lavee.com.au; earrings, \$370, Ellery, mychameleon.com.au; bag, \$495, Orotan, orotan.com.au



CLASH, **DON'T MATCH**

Colour match no more. As far as the new season is concerned, your brightest pieces should have the honour of being paired with equally bold styles borrowed from all slices of the colour wheel. Keep the look luxe by throwing a neutral into the mix, and accessorise with grounding extras in shades of tan, chocolate or black. ⇨



maje

PARIS

St. Collins Lane, Chadstone, Chatswood Chase, Pacific Fair

REDISCOVER BERETS

A-ha! A trend that doesn't require Hadid genes (and yet, is still favoured by the super sisters). Berets are *everywhere*: all 68 looks in Christian Dior's AW17-18 show featured a black leather iteration, Jacquemus went oversized and Gucci has shown eccentric styles since Alessandro Michele took over in 2015. The power of this hat lies in its ability to transform a simple tea dress or jeans-and-shirt combo into a considered "look". Use responsibly.



Jacket, \$350, **Lonely**, lonelylabel.com; beret, \$240, **Helen Kaminski**, helenkaminski.com.au; earrings, \$2,440, **Chanel**, 1300 242 635; (from left) ring, \$300, ring, \$185, ring, \$920, all **Company Of Strangers**, companyofstrangers.co.nz

how not to look like a tourist in Paris

WEARING HEAD- TO-TOE CREAM

takes the beret from novel to next-level, especially when paired with on-trend matching flares and platform footwear.



CHANNEL NEW-WAVE PUNK

like model Edie Campbell by teaming a beret with black leather pants, jacket and boots, topped off with a hoodie and a strict no-smile policy.

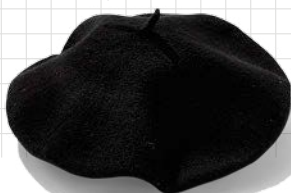


BE INSPIRED BY THE '90S

— here, Bella Hadid pairs her leather beret with a Nanny Fine-inspired shaggy jacket and a crop for off-duty but photo-ready style. ➔



Beret, \$19, **Sportsgirl**, sportsgirl.com.au



Beret, \$24, **Dangerfield**, dangerfield.com.au



Beret, \$24, **Dangerfield**, dangerfield.com.au



Beret, \$220, **Helen Kaminski**, helenkaminski.com.au

KERASILK



LONG-LASTING TRANSFORMATION INTO HAIR YOU WILL LOVE

Luxuriously smooth, incredibly supple, impressively voluminous or amazingly dazzling?

Ask your stylist for the new Kerasilk – and get the hair you've always dreamed of.

Find your nearest Goldwell Salon at www.goldwell.com/salonfinder

GOLDWELL.

THE ELLE MANUAL NEW SEASON

TAKE A FRESH LOOK AT FLORALS

Think of your great-aunt's upholstery, the curtains in your childhood home and Kim Kardashian in *that* sofa dress. Yes, couch blooms are the new polka-dot. A sun-faded, mellow-coloured print is what sends this floral trend into the new season. Wear it layered and punctuated with black leather.

Dress, \$279, **Coop**
By Trelise Cooper,
trelisecooperonline.com; top,
\$410, **Sandro**, (02) 9327 3377;
boots, \$4,440, **Hermès**,
(02) 9287 3200; earrings, \$14.99,
H&M, hm.com/au; gloves,
\$150, **Dents**, myer.com.au



VALENTINO



BALENCIAGA



ACNE STUDIOS

full bloom

WHAT FLOWERS TO PICK ON YOUR QUEST FOR THE PERFECT SOFA FLORAL? THINK GARDEN BLOOMS LIKE DAISIES, ROSES, DAFFODILS AND CARNATIONS ➔



Shoes, \$450, **Sandro**,
(02) 9327 3377



Top, \$417, **Etro**,
theoutnet.com



Top, \$260, **Alice McCall**,
alicemccall.com



Skirt, \$179,
Veronika Maine,
veronikamaine.com.au



Top, \$740, **Karen Walker**,
karenwalker.com



Skirt, \$390, **Lavee**,
lavee.com.au



A gentle clean at lower temperatures
with UltraMix™ washing machines

Discover the Electrolux Life



FASHIONCARE

Your favourites look newer for longer

electroluxlife.com.au/fashioncare

PUT A BELT ON
EVERYTHING

what colour to buy?



Belt, \$229, **Ginger**

ISABEL MARANT

SABEL MARANT

VINA RICCI

MICHAEL KORS COLLECTION

ROTTA VENETA

BOOKS AND

82 ELLE AUSTRALIA

Words: Claudia Jukk. Photography: Tāne Coffin at Vivien's Creative; Sevak Babakhani and Pablo Martin (still-life); Jason Lloyd-Evans; Getty Images; Imaxtree. Styling: Danielle Cartisano. Hair: Travis Balcke at Company 1. Makeup: Molly War Kentin at Company 1. Model: Nicola Clarke at Chic Management



@elleaustralia

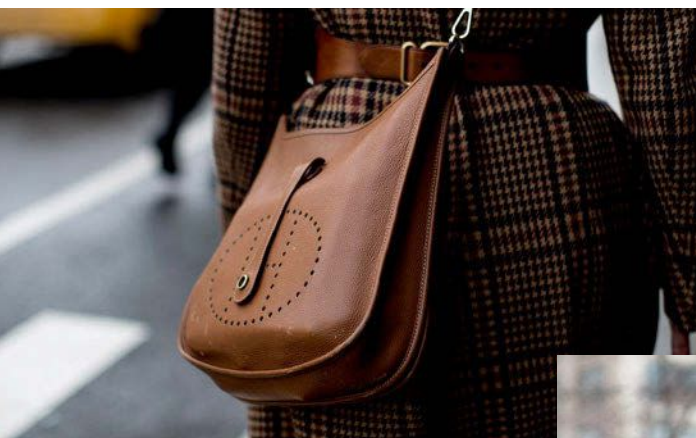
@elleaus

ELLE
EVERYWHERE
*get fashion
as it
happens*



ELLE.COM.AU

STREET STYLE



← “Classic tan accessories are always worth the investment – the more you use them, the better they get. This love-worn Hermès bag holds its own against any 2017 trend.”



↑ “The Céline pants and handbag were a knockout on the runway and are just as cool on the streets of Paris. Because the shapes are super modern, a classic colour palette of red, caramel, navy and white works well.”

THE BRIGHT SIDE

A hit of primary colour or a fresh pairing may be all you need to *refocus your new-season look*. ELLE's fashion director Rachel Wayman zooms in



← “I’m a sucker for rich embroidery but find it can sometimes look a bit too ladylike (read: stuffy). Teaming it with denim keeps it fresh and light.”



← “An elegant ‘40s-style robe, straight-leg jeans, white court shoes and a Gucci bag: this is how to do retro right.”



→ “To pull off a crop top when it’s not quite hot enough (or you’re not ready to bare your midriff), simply throw a matching fitted knit underneath. I love the way her hair has been left tucked into the neckline.”



← “Attico designers Gilda Ambrosio and Giorgia Tordini are pros at updating the classics. Here, they modernise white lace and black leather by teaming them with jolts of bright colour. No wonder there’s an office-wide obsession with these Italian brunettes.”



↑ “As a new backpack devotee, I love this look. To keep the Chloé bag looking more polished than preppy, it’s paired with wide-leg trousers and a tonal sweater. The top handle is also an ideal extra.”



→ “Heeled, pointed mules, like these by Manolo Blahnik and Attico, are the new cool-girl shoes. They work just as well with dresses as they do denim.”



↑ “One of my top styling tricks is converting a handbag into a belt bag by wrapping the strap around the waist. Hands-free *and* a waist-cincher.”

→ “What is it with Italian girls’ uber-chic style? My favourite is Diletta Bonaiuti, who’s convinced me I need a pair of highlighter-orange, high-waisted trousers... and a haircut.” □





BALENCIAGA



CHLOÉ



ERDEM

PRADA

"WE HAVE MISSED THE FUN AND SPONTANEITY OF THROWING ON A **DRESS**"



ERDEM

As women switch from pulling on athleisure bottoms to slipping into *drop-hem maxis*, Laura Craik explores *fashion's new love affair with the dress*—and whether the perfect one really does exist

I don't remember much from my childhood, but I do remember this: being seven and running home in tears because I'd caught my favourite dress on a gate. The skirt was ripped from waist to hem, and I was inconsolable. "We can mend it," soothed my mum, not that the words "invisible stitching" sounded very soothing in her Scottish accent ("invus-ibul stu-tchin"). I wasn't a crybaby, nor did I care whether my jeans got muddy or my shoes got scuffed. But dresses? They were different. They were special.

It's unclear by what strange alchemy a dress inserts itself into the female psyche and becomes a mini love affair, rather than merely "a dress". Maybe it's weddings. Maybe it's the Oscars. Maybe it's a million other social events that conspire to place the dress at their centre. Either way, a woman's love for dresses tends to blossom young and bloom for a lifetime. Of course, this doesn't hold true for every woman. God forbid you should feel compelled to wear a dress if you prefer trousers. This isn't the '50s: we can and should wear trousers anywhere, even down the aisle.

And that's exactly what we've been doing. Thanks to their prevalence on the catwalk, trouser lovers have had a pleasing few seasons of easy separates and luxed-up sportswear. But now, dresses are taking centre stage, with an abundance of enticing creations making even the most ardent trouser wearer yearn to bare a leg. At Chloé AW17-18, dresses were sheer and babydoll-short or long and languid. At Prada, they were beaded, tasselled and trimmed with feathers. At Erdem, they were mid-length, ornate and steeped in historical references. And at Roksanda, they were belted, in an array of rich colours. Take away the boots and heavy coats and they transition perfectly as the weather gets warmer – nothing says "summer" like a dress (except an ice-cold jug of Pimm's drunk alfresco in a beer garden).

So why has the dress returned with such a vengeance? "There's nothing that's easier [to wear]," says Tilly Macalister-Smith, editorial director of Diane von Furstenberg. "It's such a pleasure to slip on one item and be done. You can get a lot of mileage out of a great dress, too. I have a silk navy long-



ALEXANDER MCQUEEN

sleeved dress from Tibi that I wore over jeans in winter and will wear with slides in summer. I think we are re-embracing our feminine sides and enjoying dressing up; athleisure hung around for one season too long and we have missed the fun and spontaneity of throwing on a dress."

Already, a number of "super-dresses" have broken rank to dominate the season. JW Anderson, a designer known for shirting, has aced it with his asymmetric metallic dresses. Céline's loose shirt-dresses have proved natural successors to last season's easy trousers. And Balenciaga's floral tea-dresses have been a hit with street-style stars, even if no-one wears them quite like the show's stylist, Lotta Volkova, who teams hers with thick, ribbed sport socks.

While there's certainly a preponderance of handkerchief hems, drop waists, bright florals and luxurious fabrics (chiffon, silk, intricately woven lace), with so many wildly different types of dresses on offer, it would be reductive to pinpoint one particular style as key to the new look – that's why what you wear with your dress matters so much. More than its hem length or neckline, it's the accessories that will anchor your dress in the moment. Volkova's socks won't work on everyone, but they add that requisite off-kilter look that feels so right for now. Matches Fashion buying director Natalie Kingham agrees that casual is the way to go. "Team a dress with contemporary sandals or a loafer or lace-up," she advises. "A platform is a good option if you're petite."

That flat, utilitarian footwear is proving a popular accompaniment is understandable. We love our Stan Smiths and backless Gucci loafers: why give them up because dresses are back? These aren't frocks you have to wear with heels or a "ladylike" handbag.

It's true that pants suits are still very popular – Hillary Clinton may not have become US president, but her legacy endures. Trousers aren't just things you pull on when it's cold or you haven't shaved your legs; they're seen as a political statement, aligning the wearer with a set of feminist values. Yet it would be a strange world if trousers being synonymous with women's liberation meant dresses were diminished by comparison.

"WE ARE
RE-EMBRACING
OUR **FEMININE**
SIDES AND
ENJOYING
DRESSING UP"

Just as no woman should apologise for loving Barbie, princesses or pink (or pink Barbie princesses with bells on, if that's her thing), nor should women feel any qualms about wearing a dress. Melania Trump's sexy shift dresses might look like they've been picked by Trump to exude trophy-wife status, but maybe that's just her style.

Be it form-fitting Roksanda or wafty Gucci, woe betide someone who comes between a woman and her favourite dress. I still mourn the passing of my Whistles dress, irretrievably ripped down the back after I tripped over a suitcase at the airport. The fact that I didn't realise the entire baggage-claim area had a full view of my knickers was a blight far easier to bear than the prospect of life without this useful dress.

"My mum's usually pretty chilled – there's a wardrobe of clothes she doesn't wear, and sometimes I get things altered," says Anaïs Gallagher, the 17-year-old daughter of interior designer Meg Mathews and musician Noel Gallagher. "I was taking this leather dress and she saw me. She said, 'Anaïs! That's a one-of-a-kind Alexander McQueen dress that he made for me – you can't get it chopped into a mini-dress!'" That's the thing

about treasured dresses: age cannot wither them. Unless they're made of cashmere, in which case the moths will have a good go.

Stray suitcases and experimental daughters aside, a judiciously chosen dress will last you a lifetime. "One of my favourites is sherbet-lilac in a fil-coupé fabric from Diane von Furstenberg," says Macalister-Smith. "It's so pretty and unusual. And I have an Adam Lippes black sleeveless dress that will never go out of style. I wear it all year round, and just switch out my accessories."

That there's no all-pervasive style setting the tone this season is all the more reason to dig out your old and best-loved dresses. Despite being a hoarder, I'm on the hunt for a new one – the dress that will assuage my every sartorial woe. Will I find it? Will it be as loved as the favourite one I tore aged seven? Like the perfect man, the perfect jeans and, in my case, the perfect cheese, maybe the perfect dress is just an illusion. Oh, but looking is such fun. □



ERDEM



LOEWE



ROKSANDA



JW ANDERSON



CÉLINE

AND
YOU
CALL
YOURSELF



A FAN?

The crowd is heaving. *Your heart is racing.* If it weren't for your Vetements X Levi's high-waist rigid jeans, your knees would be going weak. No, it's not a Harry Styles concert, but the feverish sense of desire is just as high... Jamie Huckbody investigates what's *propelling brands to rock-star status* and fuelling our need to buy, and belong

11 **A**ll these people were screaming and going mental, and you could see that they didn't know whether to dive straight in or try to video it all for their social-media feed. They were literally beside themselves." The willowy fashion editor, who looks like she might topple over at any moment such is the size of her Céline bag, isn't describing a mob of braying Beliebers or the fiercely protective devotees that make up the Beyhive, but rather the moment when the Louis Vuitton X Supreme collaboration dropped into store this past June.

"There were queues around the block – easily 600 people – and then you were allowed no more than 15 minutes in the [pop-up] shop to grab a maximum of six items. Can you imagine? Fashion has now reached such a point of hysteria that they're rationing how long we can stay in a luxury store for and how much we can buy."

The editor, who has requested to remain anonymous, is quite clearly pissed off: she was hoping to spoil her two Supreme-obsessed boys with the Kim Jones co-designed goodies. But such is the crazed fan-like behaviour sweeping through fashion today that everything from the design process to the shop floor is being affected in its wake, with brands tuning into the trainspotters'/stylespotters' obsessive nature and simulating the sensation of a fashion lust-rush – that feeling you get when you discover a new label that is *sooooo* you and, more importantly, that nobody else has – at retail level.

"Some of the red and white mixed-logo pieces – the bandanas, hooded sweatshirts and leather iPhone cases – were all listed on eBay within 24 hours for double or triple the original retail price," continues the editor, laughing incredulously. "But some resellers didn't even wait to get home to do business: they targeted those customers who couldn't be assed to wait in the line and traded goods right outside the shop on the street. I saw fat bundles of hard, hard cash being exchanged." I ask if she politely followed protocol or if she dabbled on the black market. "No comment," she says.

We all know somebody who has suffered the queues of an H&M X Kenzo/Balmain/Isabel Marant launch with the intention of making a profit on eBay,

"THERE'S A MUCH BIGGER FOCUS ON BEING 'COOL' THAN BEING 'IMPORTANT'"

but the secondary market – with its roots in street style and sneaker geeks who buy up as much limited-edition product as possible in order to hustle a profit – is fast becoming an essential part of 21st century brand development. "Let's face it, if you were a massive luxury or fashion brand that had to inspire a whole new generation of consumers, you can do little wrong by aping the subversiveness behaviour of the street," says Samuel Clark, a luxury brand consultant/trend forecaster. "Designers have been doing it for decades. Fashion marketers and retailers are finally getting in on the action."

Indeed, ever since Kanye West's game-changing Yeezy Season 3 show, where Mr West unveiled a fashion collection, launched his new album *The Life Of Pablo* and a video game all at the same time, the fashion industry has been pulling back on bourgeois establishment exclusivity and ramping up the fan base inclusivity. West's show was revolutionary for two simple reasons – it put a focus on racial diversity and acknowledged the obvious: that fashion is a part of, not separate to, the music and gaming worlds. In short, everything that we're interested in now.

"No-one really buys into that whole fashion being stuck up its own ass thing anymore," says Clark. "There's a much bigger focus on being 'cool' than being 'important', and a belief in standing up for those people who may have been marginalised. It's no coincidence that all of a sudden we have plus-sized, transgender and, of course, a racially diverse selection of models fronting advertising campaigns and walking runways. Everything is being turned on its head."

For unconventional, look no further than Alexander Wang's SS17 collaboration with adidas Originals. Proceedings kicked off a few days before the launch with posters in the style of official emails between Alexander Wang and staffers at adidas Originals ➡

appearing throughout New York. This was then followed up with a leaflet campaign, the hand-outs featuring an inverted phone number and the Wang logo. Fans who had turned sleuth got an answering machine message that revealed three locations: “12pm, Mercer and Canal. 3pm, 5th Ave and 57th St. 6pm, Brooklyn.” Most callers presumed that it was a casting call, not realising that those details were actually the times and locations of unmarked trucks selling the collection out of bin bags. Yes, you read that correctly: bin bags.

“If we [had] spread the news of the collection to every magazine or blog two days before, everyone would’ve known about it, but this was a much more fun way to go about it,” said Ferdinando Verderi, who helped mastermind the event, in conversation with Fast Company. “If you’re illegally selling goods, you don’t broadcast it everywhere. You tell a few people, giving out clues only some will understand. So we really wanted to mimic that behaviour... A lot of this street culture is being part of a specific moment.”

The same idea was obviously on the minds of Demna Gvasalia and his Vetements collective when they launched their “Official Fake” capsule collection last October. A limited-edition remix of signature pieces from spring 2015 to autumn 2016, the event – a “garage sale” in a warehouse on the outskirts of Seoul – was hosted in partnership with MatchesFashion.com.

“We received a phenomenal response with customers queuing for 17 hours ahead of opening the doors and we had sell-out success on products,” says Natalie Kingham, buying director at MatchesFashion.com. “These exclusive capsule collections that we partner with brands on are incredibly powerful as they offer us something that no-one else has and gives our client compelling product and an immediacy that seasonal collections aren’t necessarily able to. It’s also a way of engaging with our customers in new and innovative ways.”

While many diehard fans travelled from all over the world to South Korea just so they could bag a few of the “Official Fake” T-shirts, the Vetements X



MatchesFashion.com love-in was more significant in the way it acknowledged the influence of the fake designer market – and more specifically, how some of the more outrageous replicas have become just as desirable as the real thing. “Even Gucci has been referencing its own fakes. Sure, we all want meaningfully crafted pieces with a heritage background, but we want them with a heavy dose of irony,” says Clark, quite aware of the tongue-in-cheek chic of his GucciGhost tote with its embossed logo surmounted by the word “Real” painted in the style of a graffiti tag (complete with spray paint drips). “Just look at Alessandro Michele’s Gucci cruise 18 collection.”

It’s true: Michele claimed one misspelt rendering of the Italian luxury house’s logo – Guccy – as the brand’s own by knitting it into a fuchsia-pink jumper that featured a teddy bear and by tracing it in pearls on a renaissance mini-dress of gold and green lace. “The reason why Gucci’s sales are through the roof is because he really understands what fans want: mash-up. The way he puts crazy combinations of vintage and sportswear together, his use of androgynous models, the way he engages with them through social media... Did you see the shoot he did using aliens? He’s a total rule-breaker and people like that,” adds Clark.

There’s no doubt it’s this renegade approach that’s captured the hearts and minds of a generation raised



on global unrest. Despite working for billion-dollar luxury-goods companies, Michele, Gvasalia and even Dior's Maria Grazia Chiuri with her cultish Dio(r)evolution tees, are giving the two-finger salute to the establishment and employing an entrepreneurial spirit, much like the Insta-born start-up labels that blazed the trail before them.

The best early example of this fashion fan club phenomenon can actually be found in Brisbane, where label BlackMilk has generated a cult following based on its bold printed tights. The brand was conceived on social media through a blog, encouraged by a community of women enamoured by legwear and keen to be involved in the design process. Members of the BlackMilk community became known as "Sharkies", getting their name from their voracious appetite: the label's Brisbane factory at one point sewing up to 2,000 pairs of tights every day to keep up with demand.

"It's not just about the clothes; it's the social side of the brand, too," says Shona, one of those enviable yoga-instructor types who effortlessly mixes her luxury with her athleisure. She's wearing BlackMilk's "Evil Eye" hosiery with an Isabel Marant skating skirt, a big Jacquemus shirt and a killer pair of Louboutins that provide the ultimate finishing point to the lacey cobwebs that wrap around her legs. "I went to the Euro Sharkiecon in Majorca, Spain, in 2014 [another meet takes place in Las Vegas] and it was amazing; I finally got to meet all these people I'd been chatting to online for ages. And we all got dressed up in our BlackMilk gear."

With more than 70 private Facebook groups used by various Sharkie communities, there's a lot of feedback that BlackMilk's team filter through the design process, including the deliciously ironic demand for pieces that reference other fandoms including *Batman*, *Harry Potter* and the infamous R2-D2 swimsuit that resulted in a cease and desist order from Lucasfilm. (The two parties reportedly came to a mutually beneficial licensing agreement.)

With the same kind of devoted fan base but a look that could not be more different is Ace&Jig, a New York label born out of Jenna Wilson and Cary Vaughan's love of Indian-crafted, limited-edition textiles. "[Our customers] have formed this awesome community where they really support each other,"



Wilson told *Business Of Fashion*. "They have dinner, they connect with each other, they travel to see each other, they do all these great things together, and so it's become about a lot more than just a shirt. It's becoming... kind of a movement."

These Ace & Jig fanatics (#aceandjigfriends) get together about six times a year at swap parties so they can purchase the kind of new pieces that are quickly defining Brooklyn-boho as well as get old garments repaired on site and, more importantly, bag "the one" that got away (#aceandjigregrets). "Brand loyalty is not a problem for us," continues Wilson, referring to the fact that the overwhelming choice offered by e-commerce means that consumers are reluctant to stay loyal unless they join a brand's social community. "The people who love our brand really love it, and they're very loyal and they're very engaged."

Of course, the very nature of fans and fan clubs is that their enthusiasm can spill over into the ridiculous. Take the case of the woman who was so crazy for Camilla – she of the kaftans – that she allegedly posed as a security guard at a sample sale in Sydney so she could bag as much of the merch as possible. "Mad fight going on at the Camilla warehouse sale aka a living nightmare," tweeted a bystander of the pandemonium that was created by more than 1,000 women who had queued from the early hours to grab a \$200 bargain. "The apocalypse wears a rhinestone kaftan."

We have been warned. □

**"WE WANT
MEANINGFULLY
CRAFTED
PIECES, BUT
WE WANT
THEM WITH
A HEAVY
DOSE OF
IRONY"**



WHAT THE ALPHA GIRL

She's always been popular, pretty and a bit of a bitch. But now, Alpha Girl 2.0 is here, and she's powerful, smart and fired up. Hadley Freeman wants to be in her gang

DID NEXT



Every woman has an alpha girl in her past. Lord knows I do, and I have the therapy bills to prove it. You know, that girl at school who seemed to know so much more than everyone else, and certainly more than you. She was French-kissing boys when the only thing you knew how to do with your tongue was eat ice-cream. She was using a hairdryer when you thought it was fancy for anyone other than your mother to cut your hair. And, most of all, she knew how to make all the girls want to be her friend, and all the boys want to be her boyfriend.

Teen movies have turned the alpha girl into a trope, with characters like Claire Standish in *The Breakfast Club*, Cher Horowitz in *Clueless* and Regina George in *Mean Girls* (the patron saint of all alpha girls). These films capture the weird truth about teenage girls and popularity, which is that the girl with the most friends is often a piece of work. "Alpha girls establish a false sense of status through aggression," says Mitch Prinstein, a psychologist and author of the recently



published book *Popular: The Power Of Likability In A Status-Obsessed World*. "They represent what teenage girls are socialised to believe is important: beauty, social prowess, power. They're able to seem in charge at an age when kids don't want to be ruled by their parents." According to psychotherapist Philippa Perry, "at school, the confident people are the popular people, because everyone else feels needy, so they want to attach themselves to them."

My alpha girl and I met at school camp when we were 10. Her name was Jessica. She was everything an alpha should be, meaning she was everything I thought I should be: beautiful, thin, athletic and possessing the kind of confidence that meant she talked happily to boys as opposed to hiding from them in the nearest toilet. Naturally, all of us 10-year-old girls were desperate to be like her – and she knew it, befriending and dropping each of us according to her whims. It was devastating.

As I said, therapy ensued, and while I can't entirely blame Jessica for this, it's satisfying to partly blame her. It took an embarrassing amount of time to stop mentally comparing myself to her. Alpha girls are generally associated with adolescents, and for good reason. Most of us have had the quietly satisfying experience of googling our school-day alphas and seeing their lives are no longer quite so aspirational. Last time I checked on Jessica, she was living in suburbia and writing a blog about organic baby food – a perfectly acceptable life, but not one that made me doubt everything about mine, like I used to. And that's because the skill sets that made them seem so cool at school don't really work in the adult world. "Women have a better sense of who they are and what they want to be like," says Perry.

And this is true, but with the rise of social media, it can feel like you never escape high-school cliques. Now, on Instagram (where the beautiful kids hang out), Twitter (the grown-ups' version of debating club) and Facebook (far too basic for the cool kids), popularity is quantified and judged. Women such as Taylor Swift, Kendall Jenner and the seemingly endless so-called fashion influencers look like the new alpha girls, showcasing their perfect hair, perfect clothes, perfect lives. The alpha didn't die, she just went on Instagram and took photos of her perfect pedicure in Jimmy Choo heels.

But while these young women are popular, they don't quite nail the most vital alpha ingredient: credibility. Social media has shown us how easy it is to work the system – thin blonde girl plus jazzy fashion labels plus lots of photogenic friends plus Valencia filter equals popularity! Once the code is

cracked, the interest is gone. Also, we know how social media works and all that effort the Kardashians/Jenners put into maintaining the interest of their followers doesn't look cool – it just looks like work.

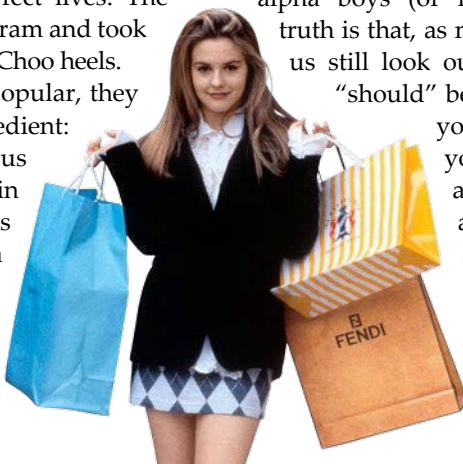
This is why the true alphas today – let's call them Alpha 2.0 – are women who bring a little grit into the oyster, who come across as that bit more interesting than the identikit figures we're used to seeing. Singer Solange Knowles, model and activist Adwoa Aboah and actresses Lena Dunham, Zendaya and Amandla Stenberg. A celebrity who's willing to risk losing fans by speaking out for a cause is definitely an alpha, which is why loud-and-proud Hillary Clinton supporter Katy Perry beats Taylor Swift, who stayed notably silent during the US election, and equal-rights campaigner Emma Watson trumps *Big Little Lies'* Shailene "I am not a feminist" Woodley. These women don't accrue a sense of cool by giving the impression of exclusivity and, unlike the alphas you remember from school, they're definitely not mean.

As Facebook COO Sheryl Sandberg said recently: "I was a student very interested in studying in a school that didn't really value that. My best friend when I was in seventh grade told me I wasn't cool enough to be her friend anymore, and she just dropped me. So I made new friends, and I made new friends that other people said were the smart girls. That was code for being very

uncool. We were not cool. We did not have dates. Boys did not like me. I did not get invited to the cool parties. But I had very close friendships with girls that are still my best friends today."

The new alphas are nerdy, interesting and have an appeal based on more than aspirational glossiness. What makes them cool is their individuality. So, unlike the traditional alphas, who want you to copy them, the message the Alpha 2.0 sends is that you should be yourself. The real question, of course, is why we need alpha girls at all. No-one talks much about alpha boys (or men) anymore. The dismaying truth is that, as much as women mature, many of us still look outside ourselves to see how we "should" be. But today, the most beta thing you can do is try to compare yourself. That's what the old alphas wanted you to do. Today's alpha is one who is proudly herself. And that's a message any therapist would applaud. □

"WHAT MAKES THE NEW ALPHAS COOL IS THEIR individuality"



THE KIDS



ARE ALRIGHT

Family breakdowns are never easy, least of all on the kids. But how are you supposed to feel about *becoming the child of divorced parents* when you're old enough to have a family of your own? And *where exactly are you going to spend Christmas* this year? Meg Mason investigates the fallout

At school, do you remember there were the “regular” kids whose parents were together, and then there were the children from “broken homes”. Their reality, of stepmothers and half-siblings, alternate Christmases and shuttling back and forth between houses, took up exactly no space in the imaginations of those of who took a tight, nuclear family for granted. And continued to do so into adulthood. “By the time you’re an adult, you’ve already got a fairly solid story around what your family is, and you have constructed your identity around being part of an intact family,” says Jennifer Douglas of Relationships Australia.

So what if, after 30 or so years, your parents announce that they’re done, divorcing, it’s over and you find yourself, suddenly, belatedly shunted into the other camp. You’re not a kid. You’re an adult child of divorce (or ACOD, as they’re becoming known) and no matter how emotionally self-sufficient you are, no matter if you have an amazing career and a solid relationship and have stopped taking your wool-wash home to Mum, what comes next can be as traumatic for you as any eight-year-old made to choose which parent to live with. “When a new piece of information comes to light that challenges your adult story and forces you to revise, the psychological impact can be huge,” says Douglas. “Something you thought was enduring turns out not to be.” And you’re not even going to get a trip to Disneyland out of it.

Because for all the information, the studies, the support available for young children going through their parents’ divorce, there are few resources available to adults in the same position, and no real understanding of how it impacts their mental and emotional wellbeing. Yet, based on Australian statistics, it’s an experience many of us will face in our twenties and thirties as an increasing number of baby-boomer parents decide that till-death-do-

us-part is too big of an ask. While the overall divorce rate is falling in Australia, the average age of divorcing couples is on the up and the rate of marriage breakdown is soaring among the over-fifties. And new standards of longevity mean that a 25-year marriage may only be halfway done.

If parenting duties were glue enough for a while, society has evolved so much in its understanding of what wedlock is for that there’s little stigma attached to ending a relationship that was only holding itself together “for the children”. “Marriage used to be understood as the functional structure for raising children, or an economic unit,” Douglas says. “But expectations have changed – people are squarely putting their individual psychological, romantic and even sexual needs first.”

After we take a second to acknowledge that no matter how mature we are, all of a sudden having to see your parents as sexual beings remains truly chunderous, consider the broader possible fallout of your parents’ late-in-life split. The house you grew up in goes on the market, and with it goes your sense of where home is. “It’s hard, no matter your age, to have to change your idea of home,” says psychologist Dr Samantha Clarke. “Even when you’re older, that you can’t come home anymore brings a huge sense of grief and loss.” (And in real terms, may mean your inheritance just got divvied up for two flats.)

While you’re a financially self-sufficient and independently capable gen Xer/millennial, your mother who married at 19 and never worked again after having children may not know how to BPay her own gas bill. “Practical support tends to be a burden that falls to daughters more than sons – the taking responsibility for parents on a practical and emotional level,” says Clarke. It’s a role reversal – the child parenting the parent – that’s likely to become entrenched, as the parental parties struggle with their own sadness, shock and newly single status and children feel obligated to provide ➡

“DIVORCE CAN BE
**AS TRAUMATIC
FOR YOU AS ANY
EIGHT-YEAR-OLD...**
AND YOU WON'T
EVEN GET A **TRIP
TO DISNEYLAND**
OUT OF IT”

emotional support. Think how guilty you would feel being out on a Saturday night knowing that your dad is sitting alone in his scantily furnished studio struggling to access "The Netflix".

Even when we're grown up, says psychologist Danielle Maloney, "the child is always the child in one sense, but divorce can force you into a parenting role and you become enmeshed and overly involved". And, she adds, if previously you deified your parents, "to see them suddenly as fallible beings, prone to error and not having a perfect relationship, it can lead us to become resentful and withdraw". All the more so if your parents are coming down on the wrong side of TMI, bad-mouthing each other, forcing you to take sides, admitting to infidelity or needing to workshop the reasons for the breakdown during thrice-daily phone calls ("Mum, I'm sort of at work...").

There's also a distinct likelihood that if your parents did stay together for your benefit, but exposed you to years of domestic conflict, when they finally decide to separate you'll be more angry than grateful – why didn't they just do it and save everyone the agony? According to a study by British law firm Resolution, 82 per cent of people aged between 14 and 22 who have endured family break-ups didn't want warring parents to stay together. Resolution head Jo Edwards concluded that "despite the common myth that it's better to stay together for the sake of the kids, most

children would rather their parents divorce than remain in an unhappy relationship".

Conflict between siblings is also likely to occur after a split, Clarke says, "depending on where you are in the family, which parent you're closest to, how much your siblings' family narrative differs from yours and whether the burden of care falls particularly on one child". Who said children are raised in the same house, and different worlds?

Meanwhile, rapid re-partnering is a riot for everyone, especially if infidelity had a role in the break-up. Or the new partner is, say, a family friend. Or Dad's now dating someone called Jeff. Expect, at that point, to start reassessing your own relationship, or even your concept of the marriage ideal.

And then beneath it all there's your hard, cold grief that you may not even feel entitled to feel – since you're an adult after all. "I absolutely did not see it coming," says Monique, a 27-year-old online editor whose parents divorced in 2014. "I was under the assumption that everything was fine with my parents, apart from the occasional blow-up that happens in every relationship. We had always been this tight little nuclear family, and there was nothing at all that pointed to breakdown, except that the house was suddenly on the market." When her mother arrived unexpectedly at Monique's work and, sitting together in the car, announced her 25-year marriage was over, "I was so shocked and it's taken me a long while to come to terms with it."

As the process of a separation began, "I became the middleman, which was pretty taxing," Monique says. "They were trying to sort out what was happening, but they couldn't even talk to each other. I hated having to be in the middle, but because my brother was overseas, it fell to me to be the go-between."

"TO SEE YOUR PARENTS AS **FALLIBLE BEINGS**, PRONE TO ERROR AND NOT HAVING A PERFECT RELATIONSHIP, CAN LEAD US TO **BECOME RESENTFUL AND WITHDRAW**"

YOU'RE NOT MY REAL DAD!

You know you're officially an ACOD when you've...

...BEEN THE FIRST RESPONDER TO A MIDNIGHT MELTDOWN

They promised to keep it amicable, but more than once you've woken up to 11 missed calls from your mother, half a bottle of Baileys in, threatening to set fire to your father's boat, and while you could have drawn a healthy boundary by explaining arson is her choice, instead you Ubered over, tucked her into bed and glued her wedding album back together.

...SPLIT CHRISTMAS

What kind of festive bullshit is this?! Eating an 11am lunch with one parent, then driving an hour across the city for a 2pm repeat with the other. If you're used to a big, noisy family Christmas, eating a turkey frozen dinner in your dad's new bachelor pad will feel like the opposite of a Christmas miracle, so BYO champagne and hope for a gift purchased out of guilt.

Monique's personal grief compelled her to try to understand why her parents had chosen to part. "I asked a lot of questions. I felt I needed to know exactly what happened so I could put myself in their shoes and think, 'Maybe I wouldn't have tried to fix it either.'" Now, after three years and one supremely awkward graduation – "my mum was on one side and my dad was on the other and I didn't know who to say 'Hi' to first" – the family is on

mostly good terms, aided by Monique's eventual decision to step back from her parents' conflict and "let them sort things out for themselves". In the end, she says, "I definitely have respect for them. They probably did it the best way it could be done."

If that's best-case scenario, it's not the only scenario. For 25-year-old PhD student Sophie*, her parents' recent separation remains messy and painful, coming off the back of her mother's affair. There was never a chance of reconciliation and, as the eldest of five, Sophie automatically stepped in to care for her "distraught" father. "Growing up I was always closer to my dad," she says. "He's not a really emotional guy but he was a mess, losing all this weight, so I felt like I had to make sure he was eating. My mum was angry at me because I wasn't supporting her as much as I should have but it was more natural to support Dad, given the nature of their split. I was torn in the sense that, the angrier she got, the more it pushed me away."

Especially painful was the revelation, on her mother's part, that the 23-year marriage was only ever, for her, one of convenience. "She was already pregnant with me before they got married and couldn't face being a single mother basically," says Sophie. "For my dad, I think it was love, but she just needed to not be alone."

At the same time as her parents' separation, Sophie's own relationship ended, in part, she

"ADVERSITY COMES WITH AN OPPORTUNITY FOR GROWTH. BEING MADE TO LOOK AT THE IDEAL VERSUS THE REALITY COMPELS YOU INTO A FULLER STAGE OF ADULTHOOD"

believes, because her partner was so personally affected by the split. "He started to worry there were parallels in our situation, and it just freaked him out, even more than me."

Four months after the split, at Easter this year – the first that didn't involve a family lunch – Sophie gave in to her own grief. "Everyone went their separate ways, and I ended up by myself for most of it and I think that's when I started processing it. I took four solid days just being sad and angry."

Organically, Sophie had found her way to what experts consider the first step in recovery. "The quicker you can acknowledge the feelings, the quicker you can move through them," Clarke explains. "It's so important to be able to acknowledge that such a huge loss and huge change is happening."

And that, this year at least, Christmas is going to be pretty shitty – but not every year hereafter. "It isn't hopeless," says Douglas. "Inevitably, there is adjustment, as with all loss. But adversity always comes with an opportunity for growth. Being made to look at the ideal versus the reality often compels you into a fuller stage of adulthood."

"Understanding that it's actually incredibly common, that it happens more than we think, does really help me," Monique says. "Now I feel like my parents can both get on with their lives and be happy, which, for me, was a realisation of, 'Oh... okay, this is it then.'" □

...USED THE PHRASE "MY DAD'S GIRLFRIEND"

Or "my mum's boyfriend". Either way, after a lifetime of just mum and dad, they're not terms that roll off the tongue. Next up, catching "Mum and Dave" grinding it against the dishwasher during a Sunday lunch that was already a gaping hell-mouth of awkward.

...MET YOUR NEW 12-YEAR-OLD STEPBROTHER

Just think, you could have gone through life never knowing what a fidget spinner was except your dad's new partner brings with her a bonus step-sibling! Hazard warning: don't agree to babysit – not even once – unless you want to spend every Saturday night playing Resident Evil with a pre-adolescent exhibiting serious anger issues.

...AGONISED OVER A SEATING PLAN

Exactly how do you seat both of your parents at your wedding reception's top table, but far enough apart that they can't get into it during the entrees? Know that instead of sourcing bomboniere, most of your engagement will be spent creating a human shield of other family members between warring parents.

BEHIND THE DESIGN

MIMCO prides itself not only on mastering the trends, but on creating high-quality shoes that will last season after season. See how the designs come to life at mimco.com.au.



In The Fold
Mule, Clay,
MIMCO, \$229

WALK THIS WAY

Decadent details, quality craftsmanship and all-day wear are on our lust list for spring/summer footwear — a demanding brief perfectly nailed by MIMCO



Pointed flats are in it for the long haul — and the more dazzling, the better.

Look to this sequined pair for a striking update to any outfit.

Dreambird Slipper, Black, MIMCO, \$199

Any bona fide shoe-lover will tell you there's nothing more thrilling than an unexpected detail lurking south of your ankles — a little something witty and whimsical to elevate your average pair of hardworking heels to coveted cult status. In 2017, this is as true as ever and MIMCO's new collection has you covered — the shoes not only feature a host of decadent details (think sequins, ruffles, metallics and secret messages on soles), but offer all-day wear and a great fit (hello, European sizing). We say if the shoe fits, buy a pair in every shade to refresh your wardrobe for spring/summer.

Shop the new collection in store or at mimco.com.au. Follow @_mimco #mimco for more inspiration



Reverie Hip Bag, Pancake, MIMCO, \$299; Sleepwalk Pump, Barley, MIMCO, \$229

FOILED AGAIN

Give ladylike an edgy twist with eye-catching gold elements that capture the imagination. Although statuesque, MIMCO's modern block heel creates perfectly balanced comfort for confident strutting.



PUT IT IN NEUTRAL

Give black the night off and instead go for a leg-lengthening nude shade.

Perplex Heel, Barley, MIMCO, \$299

CREATE A DIVERSION

Go for broke with ruffles, ribbons and the most delicate of straps. These intricate heels are destined to steal the show at every function. Expect a conga line of compliments every which way you turn!



In The Fold Heel, Apricot, MIMCO, \$249



FROM THE SOLE

When it comes to shoes, it's all about the finer details. A little snakeskin here, a little hidden message there...

Til Dawn Pump, Black, MIMCO, \$199



Dreambird Clutch, Black, MIMCO, \$249; Reverie Heel, Black, MIMCO, \$249

OWN THE NIGHT

Equal parts sexy and sophisticated, these gilded heels are ready to get the party started. Team with a full-length jumpsuit or a classic LBD.



Surreal Heel, Black, MIMCO, \$199

MIMCO



LAST NIGHT A **DJ** **SAVED MY** LIFE

For 10 years, *a sense of shame about her body* kept writer Melissa Febos off the dance floor, and only when high on drugs did she give herself to the music. But would getting clean mean giving up the *heart-thumping, hip-swivelling joy of dancing* that had become her lifeline?

It's a balmy Thursday night and the DJ is playing my song. She's actually been on a streak of my favourite songs and, as a result, my face is slicked with sweat, stray hair from my ponytail is stuck to my cheeks and the back of my T-shirt is drenched. My jacket is in a pile in the corner and I lost an earring earlier, but I don't care about either. When the last beats of Drake's "One Dance" blur into the opening ones of Beenie Man's "King Of The Dancehall", I fling both arms into the air and swivel my hips, looking for Tara, my friend and fellow dance enthusiast. She's my partner tonight, along with the other 50 people crammed into the small, dark club. Tara is grinning, too, face flushed and damp, arms raised as she works her way towards me through the crush of jubilant bodies.

We're into our third hour of dancing and my thighs are on fire. It's about four hours past my regular bedtime and, when I drop it low, nearly sweeping the floor with my 36-year-old university-professor ass, I wonder for a moment if I'll make it back up. But I do and, side by side, we bounce to the bass, shoulders rolling, booties popping, eyes closed, hearts pumping.

I didn't always love to dance. It's such a constant source of joy in my life now that it would be difficult to

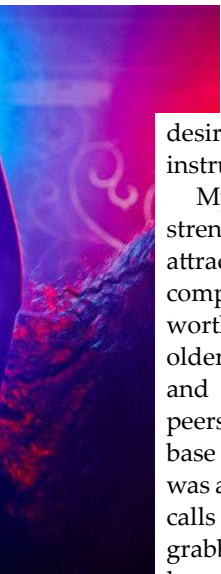
believe if my former inhibition wasn't so painfully vivid. The comfort in one's body that dancing requires has been hard-earned. When I was growing up, I was a baseball player, not a ballet dancer. I was a tree

"BEFORE MOST OF MY PEERS HAD BOUGHT THEIR FIRST BRA, I HAD **ROUNDED THIRD BASE**"

climber, a pond swimmer, an avid reader, with perpetually skinned knees. My body was strong and resilient, and I felt confident inside it. For the first decade of my life, my feminist mother protected me from our culture's darker lessons in what it means to have a female body, and I knew mine only as a source of strength. Then my body changed. By age 12, I was a C cup. Suddenly, my body became a liability. Grown men whistled at me from passing cars. Boys leered at me in the school hallways. Girls whispered. My precocious body earned me a reputation for promiscuity before I'd even had my first kiss. To suddenly transform from a kid into something both

climber, a pond swimmer, an avid reader, with perpetually skinned knees. My body was strong and resilient, and I felt confident inside it. For the first decade of my life, my feminist mother protected me from our culture's darker lessons in what it means to have a female body, and I knew mine only as a source of strength.

Then my body changed.



desired and reviled was confounding. There's no instruction manual for how to navigate that unscathed.

My brand-new body had depreciated all my strengths and replaced them with a single power: to attract men. It was a fickle power, though. They were compelled, yes. But if I said no to them, I became worthless and risked humiliation. So I said yes, let older boys burrow their hands under my clothes, and found the same result. Before most of my peers had bought their first bra, I had rounded third base a few times. The punishment for this acquiescence was a year of relentless harassment that included prank calls to my family's home, crude gestures and strangers grabbing my body in the school hallways. It was a clear lesson: for a thousand reasons, and despite relentless encouragement from every kind of media, giving my body away was disastrous.

The only time I remember dancing as an adolescent was at a school disco, aged about 13. One moment, I was dancing freely with a friend, and the next, I was surrounded by boys with hungry eyes, moving closer. It filled me with shame. What had I done? I stopped dancing and spent the rest of the night sitting on the chairs at the side of the dance floor. I didn't dance again for 10 years.

Dancing, it seemed to me then, was another way of giving your body away. I needed to be in control of my body. So I learned to cultivate a stoic persona, though inside I was conflicted. By nature, I was a person who naturally delighted in physicality – I was strong and spirited, sexual and extroverted. But experience had taught me a different story about my body: it was vulnerable, oversized, humiliating.

In the years that followed, I developed a love of watching other people dance – from *Dirty Dancing*, *Flashdance* and *Footloose* to their noughties counterparts like *Stomp The Yard*, *Honey*, the *Step Up* franchise and David LaChapelle's documentary *Rize*. These films fall into distinctly gendered camps: either allegories of female sexual awakening through dance, or of street-gang rivalry and athletic triumph of good over evil. It's no wonder I loved them all. Throughout my teens and university years, the body in motion mesmerised me.

It didn't occur to me that if I'd inhabited my body – loosened my grip so I could finally enjoy it again – then it might have been the revelation I needed. It might have freed me. After all, I wasn't a vulnerable adolescent anymore; I was a successful university student who'd been living on my own since age 17. But my body insecurity was so deeply ingrained, I didn't even consider it. Instead, I continued to distance myself from my physical form, and drugs proved the most effective tool. Sure, they risk your life and ruin your health, but they allow you to control how you feel. And, amazingly, they let me dance.

"DANCING OFFERED A BETTER HIGH THAN I'D EVER FOUND ON DRUGS"

In the clubs in the early noughties, I danced for the first time, with strangers and friends, and with pin-prick pupils. It was the closest thing to happiness I knew back then. Substance abuse can often be preceded by low levels of the feel-good hormone serotonin. But during dancing, serotonin levels increase

and there's also a release of endorphins (connected to feelings of euphoria). What's more, dancing bonds people, and MRI scans have shown that watching others dance can activate the same neurons in the observer's brain. This means that dancing promotes empathy and helps us connect to each other.

Dancing definitely helped me feel better during that dark time, but it couldn't fix me. I had to surrender my stoic persona and ask for help. Three months into my new sober life, I went to a dry dance. "Isn't this an oxymoron?" I asked my friend as we paid the door fee. But as I wandered through the balloon-strewn room and felt the bass thumping through my feet, something happened. I realised I was alive. The upside of life-threatening experiences, such as drug addiction, is that surviving them changes your perspective. My body was my own. I wanted to dance to everything, so I did: from David Bowie and Michael Jackson to musicians who reminded me of being young. It felt like a redemption and, once I started, I never wanted to stop.

When I collapsed into bed that night, exhausted and stone-cold sober, I understood that dancing wasn't about giving myself to someone else – it was about giving something to myself. It wasn't about abandoning my body, but finding it. It offered a better high than I'd ever found on drugs. There aren't a lot of true behavioural changes that we can make overnight. Wilful change is a slow, arduous process that requires courage, commitment and the help of other people. I can count the overnight changes I've made on one hand. One is kicking my heroin addiction. I stopped one day and haven't picked it up again for 13 years. Another is starting to dance again. I just did it.

It is my medicine and my hobby, the thing I do for love, not mastery. I have decent rhythm, but I don't dance to look good. I dance because it's fun. I don't twerk for men, I twerk for my friends, because it makes me laugh and gives me joy. I can inhabit my sexuality and still keep it for myself. Dancing makes me feel how I did as a kid: powerful and not self-conscious. It has brought me back to my body, which turns out to be even stronger and more resilient than I knew. □

Melissa Febos is the author of *Abandon Me* (\$29.99, Bloomsbury)



CHARLIE'S GIRLS

by Laura Elizabeth Woollett

We all leave home looking for something that isn't there. Family, you could call it. Togetherness. Or maybe just plain Love. Whatever it is, it's not waiting for us inside those little lighted boxes on their little green hillsides with their little flags waving in front. It's not at our kitchen tables or on the laps of our daddies. And you better believe it's not on our TV screens.

Some of us come from afar, nasal New England toy towns and Rust Belt backwoods. Most of us come from closer. Santa Marina. San Gabriel. Redondo. You've probably seen us walking in the sunshine, tanned all year round, with our books pressed to our chests. We're dreamy and don't like chemistry or violin lessons. When we talk, it's in dull, sultry tones; the heat that cracks the asphalt.

Some of us are cheerleaders, choir girls, homecoming queens. Some of us are wallflowers, just learning to let our hair down. We are all, without exception, beautiful – inside and out. Christ made us that way, but not the Christ you believe in.

Our daddies are veterans. They have cruel, boring jobs like "headmaster" and "stockbroker" and "aeronautical engineer". Our mothers are dead or homemakers. They care about Glo-Coat and cry every day of the week. There's no Love there.

It's in Haight-Ashbury for a while, for those of us who get there early enough. After that, we have to look for it in wilder places, in the canyons and campervans beside the road. But none of us find it for real until Charlie.

Because if Love has a human form, it's him. A man of 33 with a cleft in his chin and all the

darkness of locked prison cells in his eyes. He talks quietly, but everyone listens. He isn't tall and strong like some GI Joe, but he doesn't need to be. When he looks at us, it's pure awareness, light coming to the surface and mingling with the dark, of which it is born and the same.

And he knows us, body and soul.

It's all Love. Life or death, birthing or killing, it doesn't matter. We killed them because we love them and now we're standing in the living room, tripping over how good it looks. Rope hanging from the rafters. Bloody writing on the walls. Stuff scattered everywhere. Candleholders, ashtrays, matchbooks, potted plants. On the sofa, a big fat American flag.

People think death is ugly, but if you look at it with pure awareness, it's the most beautiful thing in the world. Like all the sound and all the colour and all the beauty all at once. But the colours are fading on us and time is creeping back, oozy and slow to start with, then itching. We always listen to the animals inside our bodies, the writhing snakes and jumping rabbits and crawling insects. And they're all telling us one thing – vámonos.

Out of that lit-up glasshouse, we run barefoot and night blooms around us, fragrant with hedges and bodies and blowing pine trees. The car is waiting at the bottom of the hill and Darling is clutching the wheel. Tex tells her to get over and she does and we all pile in, shivering in our wet creepy-crawlies. It's wild how the blood chilled on us when it was so warm and groovy before. Kinda like cum, dribbling hot one second and Jell-O cold the next.

We get naked as Tex winds the car around and around, past leafy clumps and freaky-tall palm trees and splashes of papery red flowers. There's angry streaks all over our skin, running down our thighs and bellies. Sadie touches her red fingers to her cunt and says, "Aunt Flo is in town!" which gets us all giggling. Then we get talking about what went down at the house.

"That bitch pulled my hair," says Katie, who's got the most magical brown hair, lush and long to her waist. "I got a killer headache."

Sadie tries to one-up her by telling how the big dude beaned her, but Katie won't be beat. "Man, my bones hurt. I kept stabbin' and hittin' bones and now my bones hurt." That makes Tex laugh his big, hawing donkey laugh.

"Y'all heard their bones crack when I kicked 'em? Kkkk-chhhh!" Darling is the only one of us without a story to tell, since she was on lookout the whole time. Tex wants her to get her hands dirty too, so he tells her to hop out at this big ravine. Then he peels off his creepy-crawlies and passes them through the window, motioning us to do the same. Darling looks freaked over how wet the clothes are, and even more when Tex hands her the gun and knives. "No-one's goin' to see these for a million years. Get it?"

***"We killed
them because
we love them
and now we're
standing in the
living room,
tripping over how
good it looks"***

We all watch Darling walk in the moonlight to the edge of the ravine. The back seat's leather feels cool against our backs, sexy. She throws everything down, drippy with blood, then squints into the darkness. Back in the car, she shows us her red hands.

The next afternoon, in the back ranch, we're all glued to the TV set like little kids watching *Looney Tunes*. They keep showing pictures of the people from the house, especially the blonde, who was an actress and about to drop a baby. "...She was all like, 'My baby, my baby!' and I said, 'Look bitch, I don't care

about you or your baby. You're gonna die, so you better be ready.'" Sadie takes a toke and passes it along. The TV picture changes from the actress to the brunette, some kinda coffee heiress. "That's the bitch that pulled my hair!" says Katie. We all boo and hiss, since Katie's hair is magical; Charlie says we're all gonna use it as a blanket someday when we go into the desert.

A little while later, Charlie wanders in and we all go quiet. Or maybe it's a long while later and we're already quiet, sprawling on the trailer floor. Either way, there's Charlie's voice and we all hear it, faraway like we're underwater, but knife-clear. He says, "You done good." We see his beautiful feet, his legs in tight buckskin. "Same deal tonight, but one more chick. Who's it gonna be?" ➡

That's enough to get all of us sitting up, waving our hands and chiming, "Pick me, pick me, Charlie!" But out of everyone, he decides on LuLu. She's Bobby's girl and has only fucked Charlie two or three times, so we're not sure why he chooses her. "Are you crazy enough to believe in me?" he asks LuLu, fixing her with his gun barrel stare. She stares back at him with her long-lashed beauty queen eyes. When she gets his signal, she yips like a coyote. It's late and most of us are sitting around the bonfire when the group takes off. We don't really notice them going, except in a far-off way, but we see them getting back at daybreak, waving at some dude in a Chevy they hitched with. They look fresh and happy in their change of clothes, telling stories about how easy it was. LuLu says they even hung around for a couple of hours after, taking showers and chugging chocolate milk from the fridge. "We played with their dogs, too," she says. "Little fluffy white balls!"

A couple of days later, the ranch gets raided. Most of us are sleeping when the pigs storm in, kicking down doors and pointing M-15s. They drag us up by our hair and haul us out to the driveway, making us kneel in the dust with the guns aimed at our heads. Charlie always says the bigger the gun, the smaller the dick, and you can tell that's how it is with these dudes. They've got bellies and buzz cuts and dinky helmets, and the word "Sheriff" sewn onto the backs of their uniforms. There's even a couple of 'copters flying overhead, like it's fucking Nam or something.

"Where's your guru now?" the pigs smirk. "Looks like Jesus is savin' his own skin." We cuss them out, telling them Charlie doesn't have to show his face if he doesn't want to, that he can take any form he wants – a bird in the sky, wind through the trees, even a bit of dust on their nasty black boots. But eventually, a couple of them come out from around the barn with Charlie in cuffs. "Found this chicken-shit hiding under the porch."

Charlie gives us a sign with his eyes and we all go off, howling and yipping and calling out, "Right on, Charlie!" It's a long time before they can shut us up

and read out what we're charged with: grand theft auto. We start yipping again as soon as we hear that.

"Crazy bitches," is all those pigs can say.

We're out of the slam within two weeks on insufficient evidence. The ranch looks like it's been hit by a tornado, windows smashed in and cars confiscated and tumbleweed blowing across the drive. Darling and a couple of the newer chicks have split, probably back to their folks to get fat and become good little secretaries. Charlie takes us into the old saloon to look at the mural we painted a few months back. It shows the end of time, all in DayGlo colours; the desert and valleys and Helter Skelter coming from the sky. "It's now," Charlie tells us. "It's comin' down fast."

Death Valley is full of life if you know where to look. We find the skulls of bighorn sheep buried in the sand, antlers turned to rust. Chuckwallas scrambling into sagebrush. All kinds of groovy, night-blooming plants – spiked white cereus, sacred datura, moonlight cactus. Black skies swirling with stars and big, dusty moons. All night, coyotes howl from the outcrops.

Then there are the spiders, the scorpions, the rattlers. We lie down on the burning rocks and commune with them, watch their beautiful spines in motion and stare into their shiny black eyes. There's no fear there, just wisdom; the kind that

comes from millions of years of killing. They stare back without blinking.

Slowly, they run their coils over our skin.

"See the snake?" Charlie's face flickers in the campfire. "See him on his belly? That's the Devil, man. That's JC. He's tuned in. He lives 100 years a second, dig?"

Here in the desert, with our knives strapped to our ankles, it doesn't take much to turn animal. If Charlie says snake, we become the snake. If he says coyote, we become the coyote. If he says stab, it's moonlight and bleeding silver, baby. We dance in circles around the fire, slashing at whatever gets in our way. One time, Charlie gives us a sign to slash him, so we do, tearing at his body till all that's left is a warm, loving ooze. Then we turn around and see him standing

***"Charlie takes us to
look at the mural
we painted. It
shows the end of
time... the desert
and valleys and
Helter Skelter. It's
now,' he tells us"***

naked under the moon, fully resurrected, wearing a crown of creosote. Man, it's a trip.

Jesus is always fucking with people's heads. They never taught us that in Sunday school, but it's the truth. Water into wine. Death into life. Nothing into everything. That's Love. That's Christ. That's Charlie.

The dudes drive into camp with stolen cars, strip them down and use the parts to build dune buggies. Someday, we're gonna have hundreds of dune buggies, hidden all over the desert. We're gonna mount machine guns on top of them so the guys can shoot while we drive, then we're gonna swoop down on all the little towns and kill anyone who isn't beautiful.

But the pigs have eyes on us, even out here. One night, coming back from the hot springs, we almost drive right into this trap they set for us – a big fat hole in the middle of the trail. Next to it is a big fat pile of dirt and a bigger, fatter yellow digging truck.

"Who-zam!" Charlie points and hollers when he sees it. Then we all hop out of the dune buggy.

As Charlie deals with the truck, we start filling the hole. "You come into my desert with your beast machines, you set your rabbit traps, you light your fires..." He lets out the fuel, pours some gas. Before he's even done it, we see the flames jumping out of his fingertips.

The pigs don't quit there. They fly their planes low over the desert, trying to flush us out, but we're snaky. We keep low with our knives, staying under rocks and tarpaulins. One meal a day is enough for us. One little cup of water. One word in our heads: Love.

After dark, we go to work fortifying our camp, digging hideouts and rigging up barbed-wire traps. Charlie has this far-out idea of building a wall of human skulls and tells us how to boil the flesh from the bones. When we ask whose skulls we should use, he says, "Pigs, Judases, bitches. Heck, use Kitty here. She got a pretty head."

Kitty is Charlie's favourite punching bag lately, since she's always playing the weak link, trying to get special treatment for being knocked up. We end up wishing we did take her head a few nights later, when we find she's skedaddled with this other pregnant chick, Steph. We run out with our knives drawn, ready to christen the dark, but the trail goes cold. Turns out those sneaky pigs got to them first.

Everyone wants us to be afraid of death. If we're not afraid, that means we don't feel guilty,

and if we're not guilty, that means death isn't the ugly thing they think it is. They want to keep death in the dark so bad, they can't see that it's everywhere beauty is – laughing in the street, throwing flowers, making love in long grass, dancing to beautiful music that comes in waves of red and green and purple.

Charlie says Jesus died with a hard-on and a sweet, sexy smile on his face. He knows because he lived it 2,000 years ago. He'll live it again, if he has to. Already, he's X-ed himself out of this world. We all have. That's what the X we burned onto our foreheads stands for: we're done, we're giving up the system.

That bitch Darling turned state's evidence. We all send black vibes her way while she's sitting on the witness stand, talking about how horrible it was to hear those people screaming. It's wacked how she can sit there, looking prissy and crying her eyes out, when she's been touched by Charlie. It's all gonna come back to get her, just you wait. Karma has special punishments in store for Judases like that.

Sitting around in court every day is a drag, especially when they're always sending Charlie out for speaking truth. Our attorneys bring us drawing pads and coloured pencils, so we can pass some of the time doodling skulls and kittens and whatever. It kinda feels like being back in kindergarten, but it sure beats listening to those old dudes running their mouths all day.

Even though the trial's been going on a few months, the TV people keep hanging around outside the courtroom, waiting to get a shot of the three of us in our hand-sewn outfits, made special by the girls outside – velveteen pants suits for Katie, see-through blouses for Sadie, flouncy dresses for LuLu. We're Charlie's girls. Our hands are linked and our hair flows long and lush. We smile big for the cameras and raise our voices in song.

Always is always forever

Is one is one is one

Inside yourself for your father

All is one all is one all is none

We sing for all those girls outside, who we love. For our daddies hiding behind their newspapers, our mummies crying over burnt meatloaf. For all the square-eyed people watching us on television. Until the whole world knows we're not afraid, we'll keep singing. □

ELLE WRITING COMPETITION

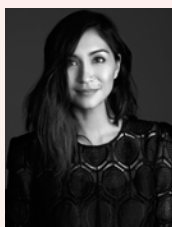
So you think you've got what it takes to write for ELLE magazine?
Then start typing. In 2017, there's never been a better time for the next generation of women to make their voices heard

We're on the lookout for fiction's next superstar. Here at *ELLE*, we think emerging talent deserves all the support it can get, and we have a real soft spot for a great storyteller. So, we want you to show us your best work of fiction. If your dream involves being the next Jane Harper, Liane Moriarty or Zoë Foster Blake (who just happens to be one of our judges), now is the time to get started.

OVER TO YOU Write a 4,000-word short story on the topic of your choice. Where you choose to take it is up to you. Fall in love, rule the country or walk a day in Beyoncé's shoes. The aim is to move the judges, whether they laugh, cry (or cringe). Deadline for entries is November 3, so if you've got a story to tell, go on and get telling it. Visit ELLE.com.au/write-to-win for full details on how to enter.

The winning fiction will be published in the January issue of *ELLE*, and the author awarded a \$5,000 prize. Two runners-up will receive a prize pack of recent releases from Hachette Australia worth \$200.

THE JUDGES



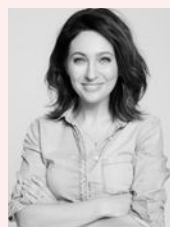
JUSTINE
CULLEN

ELLE'S
EDITOR-IN-CHIEF



VANESSA
RADNIDGE

PUBLISHER AT
HACHETTE AUSTRALIA



ZOË FOSTER
BLAKE

EDITOR, COLUMNIST AND
AUTHOR OF *THE WRONG GIRL*



MICHAEL
WILLIAMS

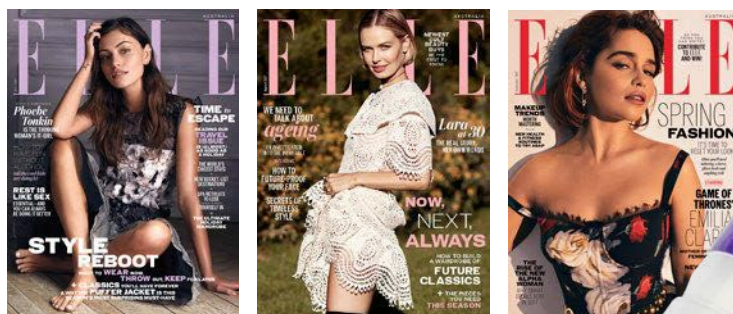
DIRECTOR OF THE WHEELER CENTRE,
FOR BOOKS, WRITING AND IDEAS

Terms and conditions: By entering the competition you agree to receive *ELLE* Australia newsletters and marketing communications. Competition starts 21/8/17 and ends at 11.59pm AEDST on 3/11/17. Open to Australian and New Zealand residents 18 and over. Limit of one entry permitted per person. Go to bauer-media.com.au/privacy/ for location of Bauer Media privacy policy. You can unsubscribe at any time, using the unsubscribe facility within the newsletter. The Promoter is Bauer Media Pty Ltd (ABN 18 053 273 546). For full terms and conditions visit ELLE.com.au/write-to-win.

NEVER MISS AN ISSUE • NEVER MISS A ISSUE

GET ELLE FOR JUST \$6.50 PER ISSUE

PLUS! RECEIVE A JOHN FRIEDA PACK WORTH \$87.95



JOHN FRIEDA®
LONDON PARIS NEW YORK

Pack includes: the newly formulated Miraculous Recovery Shampoo and Conditioner, plus the Daily Nourishment Leave-In Conditioner, Secret Weapon Finishing Crème and Extra Strength 6 Effects + Serum

📍 johnfrieda.com.au 📷 [@johnfriedaau](https://www.instagram.com/johnfriedaau)

JOHN FRIEDA® WAS THE FIRST BRAND TO CONFRONT FRIZZ, SO YOU CAN BE SURE THEY KNOW THEIR STUFF. THE FRIZZ EASE® RANGE OFFERS SMOOTHING SOLUTIONS SPECIFICALLY TAILORED TO YOUR HAIR TYPE AND NEED, FOR NOURISHED, SILKY STRANDS (AND AN END TO BAD HAIR DAYS).

FREE DELIVERY RIGHT TO YOUR DOOR
SAVE \$2 PER ISSUE COMPARED TO RETAIL
BONUS JOHN FRIEDA PACK VALUED AT \$87.95
PAY AS YOU GO NO BIG UPFRONT PAYMENT

Get in quick! Offer ends September 24, 2017

Already a subscriber? Simply extend your subscription with this offer to receive your free gift.

SUBSCRIBE NOW MAGSHOP.COM.AU/ELLE79
OR CALL 136 116 AND QUOTE M1709ELE

Terms and conditions: Savings based on cover price of \$8.50. For full terms and conditions, visit magshop.com.au/elle79. Please see contents page for location of our Privacy Notice. If you do not want your information provided to any organisation not associated with this offer, please indicate this clearly at time of order or notify the Promoter in writing. Offer valid from August 21, 2017, to September 24, 2017, to Australian residents only. Free gift is sent to purchaser of the subscription. One gift per subscriber. After the first issue, the subscription will automatically renew and be billed as \$6.50 every issue thereafter. Subscription renews unless cancelled.



FOREVER NEW

forevernew.com.au
forevernew.co.nz



BE BRAVE,

THINK BRIGHT,

SMILE...

**AND
KICKSTART**

SPRING

Shirt, \$2,000, double-layer skirt, \$2,500, boots, \$2,040, all Fendi, fendi.com

NEW
SEASON!

**ELLE
FASHION**

Photography: Kai Z Feng, Styling: Anne-Marie Curtis, Hair: Romina Manenti at Home Agency, Makeup: Naoko Saito at The Wall Group, Manicure: Roseann Singleton at Art Department, Model: Admito Lagum at Viva London


BOLD NEW WORLD

Welcome to a season of the brightest, bravest, most mood-boosting fashion. Do not adjust your set. *Do adjust your attitude*

Photographs by **Kai Z Feng & Liz Collins**
Styling by **Anne-Marie Curtis**

Cardigan, \$1,595,
jacket, \$1,495, blouse,
\$550, skirt, \$795,
shoes, \$550, hat,
\$1,095, earrings,
\$225, cross-body bag,
\$275, top-handle bag,
\$795, all **Coach 1941**,
coachaustralia.com





Adrienne (left) wears:
cardigan, \$4,070, hat,
\$1,570, both **Prada**,
(02) 9223 1688

Isabella wears: jumper,
\$4,070, scarf, \$1,180,
bag, \$2,560, all **Prada**,
(02) 9223 1688



Isabella (left) wears:
jacket, \$POA,
pants, \$POA, boots,
\$2,200, bag, \$3,400,
chain, \$6,100, all
Louis Vuitton,
au.louisvuitton.com

Aamito wears: belted
coat, \$POA, dress,
\$POA, boots, \$2,590,
all **Louis Vuitton**,
au.louisvuitton.com

Coat, \$2,086, jumpsuit,
\$2,086, heels, \$976, all
Chloé, davidjones.com.au;
stockings, \$12.95, Ambra,
myer.com.au



Jacket, \$11,840, skirt/shorts,
\$6,250, both Chanel,
1300 242 635; stockings,
\$12.95, Ambra, myer.com.au
(worn throughout); boots,
\$1,682, Altuzarra,
net-a-porter.com





Aamito (left) wears:
jumper, \$980, top,
\$645, skirt, \$1,175,
shoes, \$635, hat,
\$POA, all **Max Mara**,
maxmara.com

Isabella wears: jacket,
\$1,155, top, \$645,
skirt, \$980, hat,
\$POA, all **Max Mara**,
maxmara.com;
stockings, \$12.95,
Ambra, myer.com.au
(worn throughout)



Aamito (left) wears:
jacket, \$4,599, jumper,
\$749, shirt, \$799, skirt,
\$2,299, all **Michael
Kors Collection**,
(02) 8666 0666

Isabella wears: jacket,
\$2,999, shirt, \$949, skirt,
\$1,549, heels, \$959,
scarf, \$899, all **Michael
Kors Collection**,
(02) 8666 0666

Knit, \$3,850, skirt,
\$1,530, belt, \$720, bag,
\$2,900, all Miu Miu,
(02) 9223 1688



Adrienne (left) wears:
jacket, \$2,610, shirt,
\$840, pants, \$POA,
heels, \$1,680, glasses,
\$POA, flower brooch,
\$810, all Gucci,
gucci.com/au

Aamito wears: vest,
\$2,950, jumpsuit,
\$3,075, skirt, \$1,540,
sandals, \$1,935, turban,
\$1,170, belt bag, \$2,160,
all Gucci, gucci.com/au





Coat, \$6,800, top,
\$1,700, beret, \$1,200,
all **Christian Dior**,
(02) 9229 4600



Coat, \$POA, top,
\$POA, skirt, \$POA,
heels, \$POA, all Calvin
Klein 205W39NYC,
calvinklein.com



Jumper, \$900, pants,
\$780, both Emporio
Armani, armani.com;
brogues, \$815, Dries Van
Noten, mytheresa.com

Top, \$1,690, skirt,
\$2,090, both Salvatore
Ferragamo, 1300 095 224;
hat, \$425, Gigi Burris
Millinery, gigiburris.com;
stockings, \$79, Welford,
welfordmelbourne.com



Jacket, \$3,050, vest,
\$POA, shirt, \$1,250,
pants, \$1,100, tie, \$345,
all **Dolce & Gabbana**,
(03) 9639 9785;
stockings, \$79, **Wolford**,
wolfordmelbourne.com;
boots, \$POA,
Alexander McQueen,
alexandermcqueen.com;
beret, \$586, **Fenwick**,
fenwick.co.uk; leaf
brooch, \$123,
acorn brooch, \$128,
both **Gillian Horsup**,
gillianhorsup.com

Hair: Romina Manenti at
Home Agency and Samantha
Hillerby at Premier Hair And
Makeup. **Makeup:** Naoku
Scintu at The Wall Group
and Sharon Dowsett at CLM.
Manicure: Roseann Singleton
at Art Department and
Adam Slee at Streeters.
Models: Isabella Emmack,
Adrienne Jülinger and Aamito
Lagum at Viva London



FIND
MORE
FREE
MAGAZINES

FREEMAGS.CC

HELLO,



TAILOR

Bring a *no-BS attitude to traditional suiting* with feminine tops, cinched waists and relaxed shapes worn long and louche

/
Photographs by **Hannah Scott-Stevenson**
Styling by **Danielle Cartisano**



Singlet, \$79.95, **Staple The Label**, staplethelabel.com; pants, \$1,549, **Michael Kors Collection**, michaelkors.com; shoes, \$180, **2 Baia Vista**, zomp.com.au (worn throughout); thin chain necklace, \$14,700, bracelet, \$21,000, both **Cartier**, au.cartier.com (both worn throughout); thick chain bracelet (worn as a necklace), \$10,700, **Tiffany & Co**, tiffany.com.au (worn throughout); belt, \$59, **COS**, cosstores.com (worn throughout)

Opposite page: jacket, \$POA, pants, \$POA, body stocking, \$POA, all **Calvin Klein 205W39NYC**, calvinklein.com




Jacket, \$139, **Zara**, (02) 9376 7600;
shirt, \$795, **Zimmermann**,
zimmermannwear.com; pants, \$599,
Frame, edwardsimports.com; tie,
\$255, **Gucci**, matchesfashion.com;
socks, \$4.90, **Uniqlo**, uniqlo.com/au
(worn throughout)

Opposite page: vest, \$449, **Frame**,
edwardsimports.com; shirt, \$395,
KitX, kitx.com.au







Blouse (with cami), \$3,169,
pants, \$1,312, both **Chloé**,
chloe.com; belt, \$285, **Paul
Smith**, (02) 9331 8222

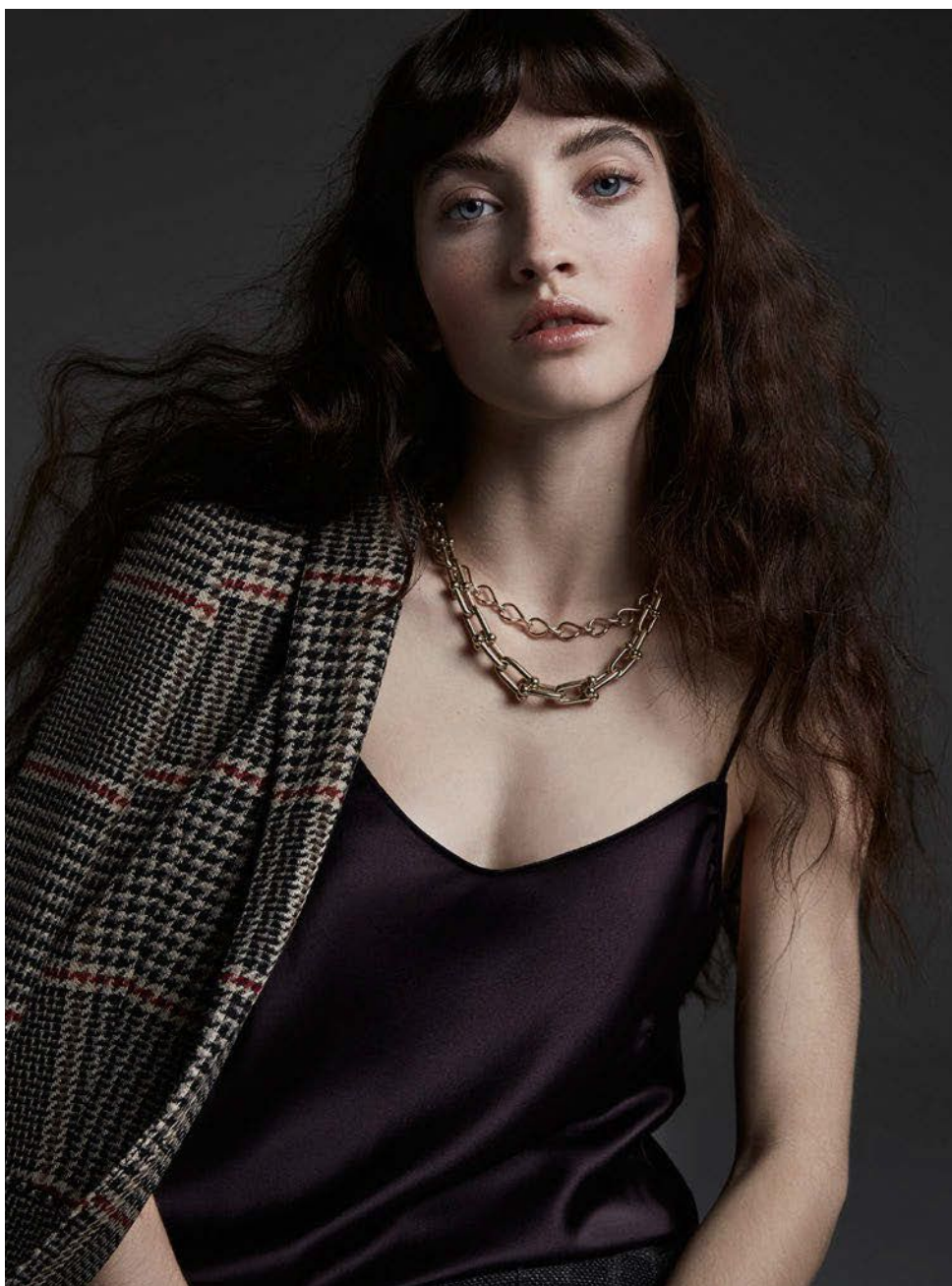
Opposite page: shirt, \$330,
Viktoria & Woods,
viktoriaandwoods.com.au;
bra, \$59.95, **Palindrome**,
palindromestudio.com.au;
jacket (tied around waist),
\$280, pants, \$160, both
Witchery, witchery.com.au



Jacket, \$1,120, **Paul Smith**,
(02) 9331 8222; pants, \$710,
Emporio Armani, armani.com;
belt, \$55, **YD**, yd.com.au

Opposite page: jacket, \$299,
H&M Studio, hm.com/au;
singlet, \$140, **Bec & Bridge**,
becandbridge.com.au; pants,
\$69.95, **Zara**, (02) 9376 7600;
watch, \$25,680, **Chanel**,
1300 242 635 (worn
throughout); belt, \$215,
Paul Smith, (02) 9331 8222







Jacket, \$119, **Zara**, (02) 9376 7600;
dress, \$220, **Bec & Bridge**,
becandbridge.com.au; pants,
\$1,100, **Céline**, (03) 9530 4300;
bracelet, \$89.95, **Mimco**,
mimco.com.au
(worn throughout)

Opposite page: jacket,
\$115, **Next**, next.com.au;
singlet, \$289, **Paige**,
(02) 8987 3400; pants, \$380,
Maje, (02) 9327 3377



Jacket, \$1,995, pants, \$1,295,
both Ellery, ellery.com; top,
\$659, Iro, (02) 9362 1165

Opposite page: jacket,
\$2,850, pants, \$795, both
Bally, 1800 781 851

Photography: Hannah Scott-
Stevenson at ArtBoxBlack. Hair:
Alan White at MAP using KMS.
Makeup: Molly Warkentin
at Company 1. Model: Lily
Hutchinson at Jaz Daly





Dress, \$2,462, Chloé,
chloe.com; earrings,
\$125, Dinosaur Designs,
dinosaurdesigns.com.au
(worn throughout)



MARKET DAY

Give your Sunday best a shake-up with striking prints, '60s-inspired shapes and accessories that are *ripe for the picking*

Photographs by **Georges Antoni**
Styling by **Rachel Wayman**





Top, \$54.99, **H&M**, hm.com/au;
pants, \$499, **Michael Lo Sordo**,
michaellosordo.com; heels, \$120,
Topshop, topshop.com (worn
throughout); bag, \$995,
Balenciaga, parlourx.com
(worn throughout)

Opposite page: top, \$1,395,
Balenciaga, parlourx.com;
sunglasses, \$119, **Adam Selman**
X Le Specs, lespecs.com; bag,
\$2,810, **Miu Miu**, (02) 9223 1688



Jacket, \$3,420, pants, \$1,275, bags, \$3,775 for three, all **Gucci**, [gucci.com/au](https://www.gucci.com/au); net bag, \$15, **Matteau**, matteau-swim.com (worn throughout)

Opposite page: top, \$140, **Nice Martin**, nicemartin.com; pants, \$450, **Miss Crabb**, misscrabb.com; cross-body bag, \$4,900, **Louis Vuitton**, au.louisvuitton.com; bag (on floor), \$7,700, **Céline**, celine.com







Top, \$3,000, pants,
\$1,530, both Miu Miu,
(02) 9223 1688

Opposite page: dress,
\$5,600, pants, \$3,750, both
Céline, celine.com

Jacket, \$16,190, bag, \$3,440,
both **Prada**, (02) 9223 1688

Opposite page: top, \$2,000,
Fendi, fendi.com; skirt,
\$439, **Kate Sylvester**,
katesylvester.com; bag,
\$905, **Anya Hindmarch**,
stylebop.com

Photography: Georges Antoni
at The Artist Group. **Hair:** Daren
Borthwick at The Artist Group.
Makeup: Peter Beard at The Artist
Group. **Model:** Madison Sells at IMG





ALMOST FRENCH

Revisit the faded denim
and frills, *slouchy knits*
and nipped waists of
the '80s through
a *Parisian-girl* filter

Photographs by **Christopher Ferguson**
Styling by **Rachel Wayman**





Jumper, \$170, **Witchery**,
davidjones.com.au; jeans, \$389,
Frame, theundone.com; scarf, \$690,
Hermès, (02) 9287 3200; belt, \$200,
Order Of Style, orderofstyle.com;
(from left) ring, \$980, ring, \$345,
both **Company Of Strangers**,
companyofstrangers.co.nz
(both worn throughout)


Opposite page: coat, \$4,465,
Max Mara, maxmara.com
(worn throughout)

Top, \$1,195, **Gucci**, gucci.com/au;
jeans, \$330, **Sandro**, (02) 9327 3377;
watch, \$18,600, **Chanel**, 1300 242 635
(worn throughout); bracelet,
\$335, **Company Of Strangers**,
companyofstrangers.co.nz
(worn throughout)

Opposite page: top, \$280, **Life With
Bird**, lifewithbird.com; pants, \$475,
Isabel Marant Étoile, parlourx.com;
basket bag, \$298, **Bonjour Coco**,
bonjourcoco.com







Dress, \$4,060, **Gucci**,
gucci.com/au; knit, \$59.99,
H&M Studio, hm.com/au

Opposite page: shirt,
\$390, **Willa & Mae**,
willaandmae.com; pants,
\$475, **Karen Walker**,
karenwalker.com;
watch, \$3,990, **Hermès**,
(02) 9287 3200




Knit, \$420, belted skirt, \$670, both Maje, (02) 9327 3377

Opposite page: dress, \$185, Paddo To Palmy, paddotopalmy.com.au; jumpsuit, \$14.99, H&M, hm.com/au







Dress, \$119, H&M Studio,
hm.com/au; top, \$470,
Sandro, (02) 9327 3377

Opposite page: top, \$169, Kate
Sylvester, katesylvester.com;
jeans, \$369, Iro, (02) 9362 1165;
beret, \$175, Nerida Winter,
neridawinter.com

Photography: Christopher Ferguson
at Stonefox. Hair: Michele McQuillan
at MAP using Moroccanoil. Makeup:
Molly Warkentin at Company 1.
Model: Kerry Paasila at IMG

Bag, \$215, COS,
cosstores.com

Shirt, \$60, H&M,
hm.com/au

Bag, \$39.95,
Sportsgirl,
sportsgirl.com.au

Bag, \$120,
Marimekko,
marimekko.com

Bag, \$89.95,
Dangerfield,
dangerfield.com.au

Earrings, \$120,
Dinosaur Designs,
dinosaurdesigns.
com.au

Bag, \$249, Fossil,
fossil.com

Shirt, \$295,
Marimekko,
marimekko.com

SMALL WONDER

Wrist strap, cross-body or top handle
— a mini bag packs a mightier punch
in shades of red, fuchsia and pink.

MARKET HAUL

EMBRACE A DOWNTOWN MIX OF
MAXIMALIST PRINTS, PRIMARY COLOURS
AND MOD SHAPES — PERFECT FOR
MONDAY-NIGHT NOODLE RUNS.

Heels,
\$79.95, Verali,
wantedshoes.
com.au



BRIGHT IDEA

Counteract your print-crazy look
with a hit of
fresh '60s-style
white accessories.



Bag, \$49.95,
Forever 21,
forever21.com



Earrings, \$95,
Dinosaur Designs,
dinosaurdesigns.
com.au

Jacket, \$220,
C/meo Collective,
cmeocollective.com



Pants, \$199, Coop
By Trelise Cooper,
trelisecooperonline.com



Pants, \$150,
C/meo Collective,
cmeocollective.com



Dress, \$60, H&M,
hm.com/au



Pants, \$245,
Cue, cue.cc



Pants, \$290,
Alice McCall,
alicemccall.com



Skirt, \$225,
Cue, cue.cc



Crop, \$220,
Alice McCall,
alicemccall.com



Top, \$45, H&M,
hm.com/au

Earrings, \$20,
Lovisa,
lovisa.com.au



Top, \$45, H&M,
hm.com/au



Necklace, \$15,
Colette By
Colette Hayman,
colettehayman.
com.au

Jacket,
\$115, Next,
next.com.au

SLIP UP

A '90s-style cami is the ultimate layering piece. Jewel tones work best under grey check outerwear.

Top, \$149, Hansen & Gretel,
hansenandgretel.com



Top, \$100, Tigerlily,
tigerlilyswimwear.com



Top, \$160, Bec & Bridge,
becandbridge.com.au



Top, \$89.95,
French Connection,
frenchconnection.com.au



Jacket, \$84, Asos,
asos.com/au



Watch,
\$249, Mimco,
mimco.com.au



Skirt, \$350, Maje,
(02) 9327 3377



Tie, \$45, YD,
yd.com.au



Belt, \$115,
Cue, cue.cc



Pants, \$69.95, Neon Hart,
generalpants.com.au



SHE'S THE MAN

LEAVE CUFFS UNDONE, SLIP ON A CAMI AND FINISH WITH WEIGHTY, COMFORTABLE BROGUES. THIS IS SUITING FOR THE NOT-SO-SERIOUS.

Pants, \$69.95, Zara,
(02) 9376 7600



Necklace,
\$149, Mimco,
mimco.com.au



Jacket, \$115, Next,
next.com.au



Top, \$120,
Leo & Lin,
leoandlin.com



Shirt, \$40, Boohoo,
au.boohoo.com



GOING BROGUE
For peeking-out perfection, team black brogues or loafers (the chunkier, the better) with colourful ribbed socks.

Pants, \$45, H&M,
hm.com/au



Brogues, \$229,
Dr Martens,
1800 655 154

Socks,
\$12.95, Levante,
davidjones.com.au

Brogues,
\$69.18, Asos,
asos.com/au

Socks, \$4.90,
Uniqlo,
uniqlo.com/au

Loafers, \$150,
Melissa,
theiconic.com.au

Socks, \$4.90,
Uniqlo,
uniqlo.com/au



Crop, \$1,450, skirt, \$3,750, both
Prada, (02) 9223 1688; earrings,
\$POA, necklace, \$3,600, bracelet,
\$5,300, all **Van Cleef & Arpels**,
1800 983 228; watch, \$48,815,
Hermès, hermes.com;
ring, \$330, **Ariel Gordon**,
arielgordonjewelry.com;
ring, \$7,207, **Anthony Lent**,
anthonylent.com;
ring, \$2,700, **Pomellato**,
vendome.com.au; belt, \$160,
What Goes Around Comes
Around, whatgoesaroundnyc.com
(worn throughout); pin
on belt, stylist's own

BORN TO RULE

In *Game of Thrones*' *Daenerys Targaryen*, Emilia Clarke has created one of the strongest, most enduring female characters in our pop-culture consciousness. *So where does all that fire come from?*

Words by **Joseph Hooper**
Photographs by **Alexi Lubomirski**
Styling by **David Vandewal**

She wasn't the first choice to play Daenerys Targaryen. The part supposedly called for a tall, willowy blonde. But when the pilot episode of *Game Of Thrones* ran into problems, Emilia Clarke, a then-22-year-old Londoner – petite, curvy and blonde only by dint of that now-trademark platinum wig – dived headlong into her audition.

"We intentionally chose heavier scenes requiring a bold, Joan-of-Arc faith in herself that extends beyond the bounds of reason," wrote the show's co-creators David Benioff and DB Weiss via tandem email from Los Angeles, where they were adding final touches to the seventh and penultimate *GOT* season, now on our screens. "We watched her audition on a tiny video window on a computer in David's kitchen. Then we met her in London – this fun, friendly, easygoing person who was about five-foot-nothing. And we were like, 'You did that?! Do it again!' So she did, and we knew she was the one."

The casting revealed its perfection from the first episode – the story of a young queen coming into her power, bound up with an erotic coming-of-age. We get a glimpse of Daenerys' future capabilities when she's literally tossed into an arranged-marriage bed with the muscle-bound 193cm-tall ruler of the semi-barbarian Dothraki clan. This fragile-looking, tiny woman, until then a virgin, soon has him in her sexual thrall, ready to seek world domination at her bidding. Death soon removes Khal Drogo from the picture (a fate that seems to await most *GOT* characters), but Clarke's "Khaleesi" (the honorific given to her by the Dothraki people) has just begun her quest for the Iron Throne – the power centre of the show's 67-episode, seven-kingdom epic. She's a young woman on the make who wants to do the right thing, but when the expedient thing is called for, as it often is in the bloody alt-medieval world she inhabits, she'll have you hanged from the nearest lamp post without losing too much sleep over it. And when conventional realpolitik fails her, she'll play the dragon card (another honorific: "Mother of Dragons", a non-metaphorical title) and materialise from a wall of flames, naked and purified, as her people swoon in wonder and her cold-blooded offspring swoop menacingly in the sky.

The HBO offshoot of George RR Martin's dungeons-and-dragons fantasy novels, once regarded as the exclusive province of adolescent boys, has emerged as a pillar of our Golden

Age of Television alongside *Mad Men*, *The Sopranos* and *Breaking Bad*, with millions of people around the world tuning in for the season six finale alone. And Clarke has emerged, along with her friend and castmate Kit Harington (aka Jon Snow), as the heart and soul of the show.

"I remember vividly the first time I met Emilia, which was in the hotel bar in Belfast, before season one," Harington recalls. "I was sort of bowled over by this absolutely stunning, petite girl with this wicked sense of humour. We became friends quite quickly." Although a showdown between their characters is inevitable ("It will be a huge pleasure," he says), in the first six seasons they never shared the screen; their time together is time off in London, usually in the company of Harington's girlfriend Rose Leslie (her *GOT* character, Ygritte, was killed off in season four), who has become one of Clarke's best friends. "It can get a little tricky in pubs," says Harington. "With two or three of us in the same show, you can attract more attention than you like."

"I GET *sleepless nights over the last season.* THE HIGHER EVERYONE PLACES THE MANTEL, THE *bigger the fall*"

No such problem at New York's Whitney Museum of American Art, Clarke's meeting place of choice – it's been on her to-do list. (A keen seer and doer, she checked off many of the city's attractions during the four months she spent in New York in 2013 during her run as Holly Golightly in the Broadway reimagining of *Breakfast At Tiffany's*.) "I'm lucky to be working constantly, but the focus can get so narrow," she says. "I kind of have to go to museums and galleries and concerts."

At the Whitney, the actress is in character as maybe her least publicly recognised guise: herself. Her fellow museum-goers haven't the slightest that if they were to turn their attentions, and their iPhones, in her direction, they could capture the woman responsible for one of the more iconic TV images of our time: Daenerys leading her army of liberated slaves across the desert, a pop-culture mash-up of the aforementioned Joan, Lawrence of Arabia and Eva Perón. Which suits her just fine. "Once, I had someone run down the street after me and say, 'My friend says you're famous; can I get ⇨

a picture?’ And I was like, ‘No, you idiot!’” she says with a laugh. And then some minutes later, in a characteristic fit of people-pleasing remorse: “I feel really bad about being so disgruntled about selfies. I increasingly sound like an old lady.”

Clarke, 30, hardly looks the part of an old lady, nor does she particularly resemble Dany, as “Thronies” are wont to call her. An English tea-rose complexion, full lips and, yes, Dany’s prominent brows add up to a friendly beauty. Today, her naturally brown hair is cut in a chic, shoulder-length bob, and she wears a silky Valentino peasant skirt and suede Gucci jacket far removed from the low-cut, lingerie-inflected gowns that make up Dany’s warrior/dominatrix look.

Relative anonymity suits her. Clarke, contrary to her native exuberance, has been charged with the keeping of corporate secrets. For one, she’s not allowed, contractually, to divulge any *Game Of Thrones* plot turns. Even more hush-hush are the details of the latest and greatest coup in her emerging film career: she’s recently started shooting a new *Star Wars* spin-off, a prequel account of Han Solo’s early years. Which is to say she now finds herself swooped up in the only global entertainment juggernaut capable of eclipsing *GOT*. “This film dispels the very common interpretation that if you’re going to do a big blockbuster, you just need to stick some muscles and a pair of boobs in and that will be that,” she says.

“Everybody in the cast [which includes Woody Harrelson and Thandie Newton] is, like, an ‘actor-actor’, which is just wonderful.”

If Clarke’s metamorphosis into Khaleesi wasn’t proof enough that she, too, belongs squarely in the “actor-actor” realm, she seems determined to use the launchpad provided by *GOT* to carve out a film career that exhibits a sort of extreme versatility. Last year, she starred as Lou Clark, an adorable, chatty, unapologetically dorky English country girl – her famous contours hidden beneath a rainbow of mismatched, lumpy jumpers – charged with the care of a handsome quadriplegic in the romantic sleeper hit *Me Before You*. “The second she walked into the audition,” says director Thea Sharrock, “I texted the producer: ‘We found her.’” Later this year, in a change of pace, she’ll play a trailer-park

denizen, drug addict and sexual opportunist who leads an FBI agent astray in *Above Suspicion*, a gritty indie based on a true story. The interview for that role, too, was an at-first-glance affair. “She came over to my place in Hollywood, and I opened the door, and there was the character from the movie,” says Australian director Phillip Noyce. “The accent, the swagger, the neediness, the confidence. We could have started shooting that day.”

Almost a year after filming wrapped, Clarke can still slip into character when the mood strikes. “Ah, play this girl called Susan Smith,” she says in an Appalachian hill country accent, the words pouring out like codeine cough syrup. “She was married to a drug dealer, then she meets this other guy. It doesn’t end pretty.”

Still, in the cinematic universe, Clarke’s calling card remains, in a word, badassery. She was, after all, Linda Hamilton’s successor in the Sarah Connor role, playing opposite Ah-nold in the 2015 Terminator reboot *Terminator Genisys*. And even though we don’t know what character she’ll play in the Han Solo movie, it’s impossible to imagine that there won’t be a frisson of recognition, an echo of the young Carrie Fisher from those first *Star Wars*: cute, feisty and constitutionally incapable of taking any crap from men,

whether they be foes or friends.

Fearless is the adjective that her friends and colleagues invariably use to describe her. But as fearless as Clarke has been in seizing the chances that come her way, she admits that certain aspects of maintaining her alter-ego masterwork, Dany, send her nerves into overdrive. Take that yet-to-be-shot final season of *Game Of Thrones*: “Oh God, I get sleepless nights over it. ‘Oh, you’re gonna mess it up. It’s the last season, and it’s going to go wrong.’ My mates are like, ‘It’s you – you [and Daenerys] are one and the same now. You need to trust your instincts!’ And I’m like, ‘No, I’ve got to do more research!’ The higher everyone places the mantel, the bigger the fall. That sounds awful, but it’s true! I don’t want to disappoint anyone, basically.”

While it’s an excellent thing that *Wonder Woman*’s Gal Gadot has finally proven a woman superhero can carry a blockbuster, for the past six years, *GOT* has given Clarke the canvas to sketch a richer

**“I GET
A LOT OF
CRAP FOR
NUDE
SCENES.
THAT, IN
ITSELF, IS SO
anti-feminist”**



Jacket, \$3,995, skirt, \$1,335, both **Gucci**, gucci.com/au; shirt, \$1,130, **Altuzarra**, saksfifthavenue.com; bra, \$POA, **Wixson**, wixsonparis.com; socks, \$85, **Pan & The Dream**, panandthedream.com; heels, \$POA, **Loewe**, (03) 8614 1190; earrings, \$POA, **Valentino**, valentino.com; bracelet, \$2,514, **Ippolita**, ippolita.com; pin on belt, \$212, **Wouters & Hendrix**, wouters-hendrix.com

palette of female power. And you don't have to take a refresher course in Carl Jung or Joseph Campbell to recognise the different forms it takes: lover, warrior, mother, at times something close to messiah. Take the close of season three, when Daenerys is carried aloft by a multitude of slaves she's liberated; Clarke's face, in extreme close-up, ecstatic – a rock'n'roll goddess at a medieval rave.

But it's the lover who's created the controversy. *Game Of Thrones* is a show that can creep up to the border of soft porn – yes, all those harem scenes – and yet virtually nothing on TV or in film has so many strong, indelible female characters: Lena Headey's Cersei Lannister, Sophie Turner's Sansa Stark, Maisie Williams' Arya Stark and, of course, Clarke's Daenerys, whose control of the bedroom is as firm as her dominion over the kingdoms she

conquers. *GOT* has generated pushback for this have-your-cake-and-eat-it-too approach to sexual desire between the sexes – *The New Yorker* likened it to reading an anti-misogyny tract inserted into an issue of *Penthouse* – but Clarke is fully on board. She's even game to gleefully dissect one remarkable scene in the fourth season, when her lieutenant Daario slips into her bedchamber, and Daenerys basically commands him to disrobe before her.

"'Take off your clothes,'" Clarke quotes. "It's brilliant. I actually went up to [Benioff and Weiss] and thanked them. I was like, 'That's a scene I've been waiting for!' Because I get a lot of crap for having done nude scenes and sex scenes. That, in itself, is so anti-feminist. Women hating on other women is just the problem. That's upsetting, so it's kind of wonderful to have a scene where I was like, 'There you go!'"

In the scene, her disrobed cavalier was played by Dutch actor Michiel Huisman. "He's got a cute bod and definitely wasn't a shy wallflower about it! He didn't wear a sock, which was a surprise. [Benioff and Weiss] were like, 'You need to pull yourself together. Daenerys would not be cracking up like this.' Not very queenly." Harington says, "Emilia is so sweet, so giving, but she also has a filthy, filthy mind when she wants to."

And Daenerys is, to be sure, a woman warrior – a leader possessed of the notion, heretical in the tooth-and-claw milieu of *GOT*, that she can make the world a better place if she's running it. In one scene from a previous season, she compares the jousting ruling families of the Seven Kingdoms that make up the *GOT* universe to the spokes on a wheel. "I'm not going to stop the wheel," she tells her counsellor Tyrion Lannister (Peter Dinklage). "I'm going to *break* the wheel." Her soft voice, informed by a certitude that would sound mad if she didn't make us believe it, achieves a kind of Shakespearean intensity. Yes, it's Shakespeare with CGI dragons, but still, the Bard's force is with her.

Clarke is the daughter of two strivers who raised her and her brother in the bucolic countryside outside the university town of Oxford. Her father, who died last year, had been a roadie who worked his way up to sound engineer for some of the biggest, most over-the-top London musicals; her mother was a secretary who climbed the ranks to become a respected marketing executive. Clarke went to a prominent local boarding school, ➔



Top, \$2,980, skirt, \$7,330, both **Prada**, (02) 9223 1688; earrings, \$2,148, pendants on earrings, \$3,095 for pair, bangle, \$11,211, all **Elizabeth Locke**, elizabethlocke.com; cuff, \$12,100, **Paloma Picasso For Tiffany & Co**, tiffany.com.au; cuff, \$9,950, **Gurhan**, gurhan.com; bangle, \$1,995, **Ippolita**, ippolita.com; ring, \$4,693, **Lalaounis**, iliaslalaounis.eu; ring, \$330, **Ariel Gordon**, arielgordonjewelry.com; ring, \$POA, **Anthony Lent**, anthonylent.com; ring, \$POA, **Mahnaz Collection**, mahnazcollection.com; ring, \$1,490, **Pomellato**, vendome.com.au; ring, \$406, **LA Cano**, lacano.co; pin on belt, stylist's own

Hair: Didier Malige. Makeup: Pati Dubroff at Forward Artists. Manicure: Julie Kandalec at Bryan Bantry. Set design: Nicholas Des Jardins at Streeters

St Edward's, mostly, she says, because her brother did and she fancied some of his friends. (Scorecard: one serious high-school romance.) But, ever the keen enthusiast, she says she'd never have been mistaken for one of the cool kids. "My school was quite posh, and I never quite fit in that mould," she says. "I was really arty, and no-one else was. They were all, like, lawyers who did tennis. I was crap at tennis, and I didn't care about law."

After boarding school, she found her tribe in drama school – not the Royal Academy of Dramatic Art (she hadn't been accepted), but at the still-more-than-respectable Drama Centre London. That was her kind of fun. ("I like being surrounded by people where you suddenly go, 'Oh, I'm not clever enough; I need to read more, watch more.'") By graduation, she says, not one of her teachers considered her the next breakout girl, so she decided to take a practical approach: she'd give it a year and then assess her future. After some low-profile TV and movie work and a pay-the-rent stint as a telemarketer (a quotidian hell beyond the imagination of George RR Martin), she'd already passed her self-imposed deadline when she shot herself out of the cannon at that *GOT* audition.

In some ways, Clarke and the character she created couldn't be more different, a testament to her dramatic gifts. Dany, even in her most endearingly underdog moments, is rather grand, and Clarke comes across like your cheerful best mate from school. But in drive and ambition, they're at least first cousins. If Clarke doesn't aim to break the Hollywood wheel – one actress up, another down – she at least wants to be able to walk away from it unbroken, with options intact: "If this industry tires of me – which I'm sure it will, because it tires of everybody – I will already have been doing something different. I've got a ferocious thirst for doing other stuff."

Remarkably, after ascending to Iron Throne status in this profession, Clarke says acting, for her, is the coolest day job imaginable. "My best friend Lola and I are writing a script together, and I'm starting a production company. I'm that girl. Because I know that relying on just being an actress is never going to be fulfilling enough for me. When I think about running a company, I have that kind of calm and certainty that I go to when I play Daenerys. But it's not like I'm going to be burning down slave masters or anything."

Clarke explains: "My mum gave me most of that drive, if I'm really honest. She always just

said, 'You know, you do this silly job, and well done,' but she's proud of me when I go, 'I'm gonna run a production company.' That's when she says, 'Oh yeah, that's my girl!' That's something she understands."

To get to know Emilia Clarke, even a little, is to appreciate that she's got a master plan in her head – and not just about work, all-consuming as it currently is. At some point, she says, romance will come back into the picture. The gossip sites have had her linked with Harington, "which literally makes me want to cry, it's so far from the truth," she says. But she has been open about the long-distance romance she had with *Family Guy* creator Seth MacFarlane that ran its course about four years ago. "It's funny," she says. "I've dated other people, but he was the only one that the internet found out about. But I kind of set myself with a little rule this year: NMA – no more actors. And yet it's almost the only bloody choice; they're practically the only people I know!"

"I'M STARTING A PRODUCTION COMPANY... *I've got a ferocious thirst* FOR DOING STUFF"

But somehow a solution will be found. "Yes, I want babies," she says. "I don't know about marriage. That's probably quite a painfully millennial thing to say. But I do want to find a human that you'd want to create a family with." In England, in the country, not dissimilar to the Oxfordshire countryside where she grew up.

"I grew up with ducks in the garden and a stream," she says. "We used to go mushroom picking in the fields. My first plays were done inside trees. And if I manage to push out a few sproglets, I would like them to have that experience as well."

Way back in the second season of *Game Of Thrones*, in the city-state of Qarth, a young would-be queen makes her pitch to a highly sceptical spice merchant to borrow his ships so she can get on with her mission of conquering the Seven Kingdoms and ascending to the Iron Throne. Emilia Clarke could just as well be speaking for herself when she speaks as Daenerys: "Do you understand? I am no ordinary woman. My dreams come true." □

GET

ELLE

on your iPad

12 MONTHS
ONLY \$19.99



to subscribe: VISIT MAGSHOP.COM.AU/ELLEDIGITAL OR CALL 136 116 AND QUOTE X1702EED

Terms and conditions: Savings based on single issue digital edition price of \$3.99. Offer available until 31/12/17. Subscription automatically renews unless cancelled. If you do not want your information provided to any organisation not associated with this promotion, please indicate this clearly when you subscribe. For full terms and conditions, visit magshop.com.au and for our Privacy Notice visit bauer-media.com.au. Apple, the Apple logo and iPad are trademarks of Apple Inc, registered in the US and other countries. Also available on Android.

Photography: Chris Jansen. Styling: Eden Abagi. Sunglasses: \$210. Ray-Ban. ray-ban.com; bag: \$4,050. Celine. (03) 9530 4300; Rouge Pour Couture lipstick: \$95. Yves Saint Laurent. 1300 651 991; Gypsy Water. \$168 for 50ml. Byredo. byredo.com.au; diary. \$99.95. The Daily Edited. thedailyedited.com



MAKING WAVES

It's time to quit playing it straight – *bouncy curls* have never been hotter

ELLE BEAUTY



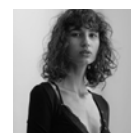
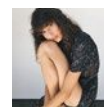
Curve Soft Curl Tong, \$230, **ghd**, mecca.com.au

If the runways are to be believed (and they usually are), a hair revolution is brewing. Backstage at the world's best fashion shows, from New York to Paris, traditional uniformity in model grooming has been disappearing. In its place, individual looks and (shock, horror!) natural texture are being celebrated. Curly-locked models, who have typically had their strands hot-ironed into a perfectly coordinated, coiffed line, are now being booked on the merit of their waves alone. Sometimes they're even doing their own hair.

Australian model Roberta Pecoraro (right) felt like she needed a change, so after a career spent straightening her own strands, this year she campaigned to her agency to wear her curls natural. They acquiesced, she cut a fringe, started letting it air-dry, then walked 13 Mercedes-Benz Fashion Week Australia shows (opening three of them), sporting her own signature curly bounce. Salons around the country are now being handed pictures of her and her beautiful, naturally curly mane by clients wanting to cut and copy.



@robertapecoraro



The Micro Wand, \$99.95, **Cloud Nine**, au.cloudninehair.com





Celebrity Curls 3 In 1
Genius curling iron, \$120,
Silver Bullet, i-glamour.com

"Fashion has been heading towards the '90s again, so hair has become less considered," says hairstylist Syd Hayes, who crafted the curls on this *ELLE* shoot. "I like that curls feel a little more reckless, undone and effortless. It's nice to see people finally less worried about that perfect blow-out look."

If you've got curly locks but need a little more convincing to go au naturel, cruise the bevy of selfie-centric inspo right there at your fingertips. There are some 12.8 million pics, and counting, filed under #curlyhair on Instagram (compared with the significantly lower four-or-so million you'll find if you search #straighthair).

The explosion of curls on the runways, street and your social-media feed means that haircare companies are following suit. Curly product formulations are more refined than ever before and a long way from the crunchy mousses of old. There's never been a better time to drop the iron and let your kinky flag fly. "Curls make you look younger, more playful and full of life," says hairstylist Renya Xydis. That's one hell of a triple threat.

WET HAIR, DON'T CARE

Curl success is less about what you do, and more about what you *don't* do. "Rough drying causes friction and upsets the curl forming, so curls are at their best when they're not too towel-dried after washing," explains Hayes. Resist the urge to tame the mane and let nature do (at least some of) the work. "Blot, never rub your hair dry," agrees hairstylist Anthony Nader. "Cold water is key, too – wash with the coldest water you can handle. It's vital for giving maximum shine and manageability, which is crucial with curls."

KEEP YOUR COOL

If you don't have time for the atmosphere to do the drying for you, tread carefully with the heat. Too much of it can dehydrate the hair and cause curls to lose their shape. So find a hairdryer and diffuser pairing that lets you tweak the temperature.



Curl Conditioning
Mousse, \$45, **Bumble And Bumble**, mecca.com.au



Curl Control Mousse,
\$40.95, **Moroccanoil**,
1300 437 436



Dualsenses Curly Twist
Hydrating Serum Spray,
\$25.45, **Goldwell**,
goldwell.com.au



Care Curl Control
Mask, \$32.49, **Keune**,
keune.com/anz



Liquid Rollers
Curl Balm, \$32.95,
Evo, evohair.com



Mane Event, \$54.95 for
60 capsules, **Apotecari**,
apotecari.com.au

"CURLS MAKE
YOU LOOK
YOUNGER, **MORE**
PLAYFUL AND
FULL OF LIFE"

Curl Secret
Multi Curl,
\$130, **VS**
Sassoon,
vssassoon.
com.au



INNER STRENGTH

For curls that have optimal bounciness, you may need to plan your attack from the inside, too. A supplement designed to boost hair health and protect from free-radical damage will mean your naturally dried waves will better hold their shape.

COILS NEED OILS

"Oils are essential for protecting and repairing the keratin levels in the hair – they keep the hair strong and not prone to breaking," says Xydis. Nader advocates prioritising moisture over protein if you want your curls to be in top condition. "For curly hair to look its most beautiful, you need to beat frizz and brittleness," he says. New sophisticated formulas mean you can find enough moisture for curl definition without weighing the hair down.

WAVE THE WAND

Whether you have them thanks to genetics or not, the right hot tool can create curl magic. Xydis favours the narrow Micro Wand by Cloud Nine. "The diameter decreases down the length, so it's versatile enough to do everything from tight to loose curls. And it lets you emphasise and define curls, which in turn decreases the appearance of frizz," she explains. If you're faking waves in naturally straight hair, make sure you leave the ends out. "It's so much more lived-in and natural. Curling all the way to the ends can result in your curls looking like a wig," warns Nader. "And the more haphazard and irregular you are when you section the hair to tong, the better the curls will sit." □



tête-à-tête with

ole henriksen

He's been in the business for more than 40 years, yet this *facialist* is still as passionate about skin as when he first started treating Barbra Streisand, Charlize Theron and Halle Berry at his LA spa

THERE ARE TWO ELEMENTS TO MAKING SKIN GLOW. Enough moisturiser will bring out your glow like nothing else. When your skin has proper hydration, you optimise elasticity and facial lines don't settle in. Diet is also important for skin health – you need enough seafood, nuts and seeds.

THERE'S NO DOUBT THAT PHYSICAL ACTIVITY HELPS TO KEEP SKIN AT ITS BEST. It's not just endorphins – it's also about blood flow. The body wants to be in motion. My regimen involves a lot of gymnastics. I have parallel bars in my backyard. I'm advanced in years [Henriksen is 66], but I'm still strong.



is essential for brainpower. And I take vitamins C and E, but I try to get everything from my diet. Cystic acne is a massive problem in many countries and I think it has a lot to do with how we eat.

SCENT MEANS EVERYTHING. I do aromatic facial compresses most days. I fill a sink with water, put in a few drops of essential oil and drop a terry cloth in. I compress it onto my skin five times. Then I put a mask on, lie down and meditate for 15 minutes. It's a ritual. I use different oils for different things, but lavender, rosemary and orange are favourites. There are a lot of citrus scents in my products – I find them so uplifting and energising.

MY FAVOURITE FACIAL MIST IS ONE YOU CAN MAKE YOURSELF. Chamomile is so multipurpose. You can turn the dry stuff into a lovely, soothing mist, a tea, a facial compress – it's what they use in the spa after they have performed extractions because it takes the redness and heat out.

IF YOU HAVE ACNE, YOU NEED TO STREAMLINE YOUR ROUTINE. You're probably jumping all over the place, looking for an answer. An oil is key for soothing, no matter your skin type. And you can't use a physical exfoliator. Use something with AHAs, otherwise you're exacerbating the problem. Do compresses with eucalyptus oil every second or third day, and look into your lifestyle to see if anything could be contributing. Less is more, and consistency is essential. You need to give a regimen time to work for your skin. □

Instagram: @ole.henriksen



KIT ESSENTIALS

1. Udo's DHA 3-6-9 Oil Blend, \$60, **Udo's Choice**, udoshealthproducts.com.au
2. Super C Plus Chewable, \$35.60 for 150 tablets, **Healthy Essentials**, healthyessentials.com.au
3. Truth Serum, \$64, **Ole Henriksen**, sephora.com.au
4. Pore-Balance Facial Sauna Scrub, \$38, **Ole Henriksen**, sephora.com.au
5. Power Peel Transforming Facial System, \$64, **Ole Henriksen**, sephora.com.au
6. Eucalyptus Pure Essential Oil, \$15, **Rosemary Pure Essential Oil**, \$15, all **Little Innocents**, littleinnocents.com.au
7. Natural E 1000IU, \$46.99 for 100 capsules, **Blackmores**, priceline.com.au
8. Nurture Me Moisturizing Crème, \$55, **Ole Henriksen**, sephora.com.au

YOU CHOOSE HOW YOU AGE WITH YOUR ATTITUDE. No-one wants to be 18 forever. Ageing is natural, and you can be graceful about it. A lived-in face is attractive – you really can maintain strong, healthy skin whatever your age. Skin, just like your organs, is renewing itself. Over a lifetime, you're rebuilding and rebuilding – it's magical. And it's never too late to treat your skin better.

I FEEL SO MUCH BETTER WITHOUT SUGAR. In my youth, I was a sugar addict. Now I don't touch it. I like to eat raw foods – I enjoy the crunch. I take Udo's Choice oil. It has omega, which



REESE WITHERSPOON

*US clinical test, 25 women ages 41-49 at 12 weeks.
**After 4 weeks. ©2017 Elizabeth Arden, Inc.



Elizabeth Arden

NEW YORK



NEW

FOR FACE

FOR EYES

ADVANCED CERAMIDE CAPSULES

DAILY YOUTH RESTORING SERUM

Beautiful Twist

Just a twist of these little capsules releases a precise dose of moisture-boosting ceramides. Why should you care? Because skin's own moisture and ceramides decline with age, causing a dry, dull look. Advanced Ceramide Face Capsules help restore skin's firmness and radiance for skin that looks up to 10 years younger.*

New Advanced Ceramide Eye Capsules visibly firm and reduce the look of crow's feet and puffiness.** That's a lot of action from a little twist.

elizabetharden.com.au

COMPLIMENTARY SAMPLE*

Visit your nearest Elizabeth Arden counter for a complimentary skin consultation and Advanced Ceramide Eye Capsules sample.

*One sample per customer, while stocks last. Available for a limited time.

Live with Confidence
x Reese

THE BEAUTY EDIT

New buys tried, tested and approved by the *ELLE* beauty team

EAU, YES!

These fresh hair stylers smell so darn good, people will ask about your perfume.

BEDROOM HAIR, \$42.95, KEVIN MURPHY, KEVINMURPHY.COM.AU

A little hold, a little shine – the perfect antidote for hair that's too clean.

TEXTURIZING SALT SPRAY, \$48, BALMAIN PARIS, BALMAINHAIR COUTURE.COM.AU

It gives the right amount of guts in hair that's wet or dry.

Ultra Facial Cream
Limited Edition, \$71,
Kiehl's, kiehls.com.au

GOOD CREAM, GREAT CAUSE

THE CULT KIEHL'S FACE CREAM WILL BE WEARING A LIMITED-EDITION OUTFIT IN SUPPORT OF THE ORGANISATION AUTISM SPEAKS. IT'S BEEN DESIGNED BY MATTHEW McCONAUGHEY, WITH THE ACTOR PARTNERING WITH THE SKINCARE BRAND TO RAISE AWARENESS FOR THE CONDITION THAT AFFECTS APPROXIMATELY 70 MILLION PEOPLE WORLDWIDE.

RAY OF SUNSHINE

If you needed proof you shouldn't judge a book by its cover, may we present exhibit A. This nourishing lipstick is yellow on the outside, but the most perfect, radiant peach colour when swiped on. Magic.

Mornin' Sunshine, \$35, **Lipstick Queen**, mecca.com.au

POWER PALETTE

WITH A WET-OR-DRY FORMULA, THIS PALETTE NIXES THE POWDER-VERSUS-LIQUID-ILLUMINATOR DEBATE. "THE COLOUR IS MORE INTENSE WHEN USED WET, SO I APPLY IT UNDER FOUNDATION TO CREATE DIMENSION," EXPLAINS JANE RICHARDSON, GLOBAL ARTISTRY DIRECTOR FOR NARS. "THEN I USE IT DRY WHERE I WANT TO BUILD UP THE LIGHT."

Bord De Plage
Highlighting And
Bronzing Palette, \$85,
Nars, mecca.com.au

Kenzo World, \$134
for 50ml, **Kenzo**,
myer.com.au

NOW SEE HERE...

KENZO'S ICONIC SEEING-EYE MOTIF NOW COVERS ITS BRAND-NEW SCENT – A LIVELY COMBINATION OF FLORALS THAT'S PERFECT FOR YOUR SPRINGTIME DIARY (PICNICS, PARTIES ET AL).

3 WAYS TO... UPGRADE YOUR EYE MAKEUP

These innovative riffs on some beauty basics will make your morning routine even slicker.

Foolproof Brow Powder, \$42, Benefit, benefitcosmetics.com/au
Two perfectly natural shades of brow powder in one neat compact.

The Falsies Push Up Angel, \$19.95, Maybelline New York, priceline.com.au Tiny bristles mean the mascara will coat lashes you didn't even know you had.

Inkstroke Eyeliner Brush, \$50, Shiseido, Myer, (02) 8015 6580 The angled brush makes it easier to get into the nooks and crannies.



NEW

Imperfections
and sensitive skin?

PUREACTIVE SENSITIVE

Reduce
imperfections
while soothing
sensitive skin

- Dermatologically tested
- pH balanced
- Paraben free
- With soothing witch hazel

SOOTHING
MOISTURISER

SOAP-FREE WASH

GENTLE TONER

ACTIVE WAY TO BETTER SKIN

GARNIER
GARNIER.COM.AU

@captainandthegypsykid



MY WEEKEND IN PRODUCTS

Sheree Commerford, founder of the family style site Captain And The Gypsy Kid, mixes her old faithfuls with new-found heroes

SHEREE'S TIPS FOR...

taming your power hair

1. Wash hair only weekly – and switch out your conditioner for a moisturising mask. Thick hair needs a solid dose of hydration regularly.
2. The right brush is key. I swear by the Christophe Robin Detangling Hair Brush (\$144, quecolour.com) – it's the bee's knees.
3. It's impossible to find elastics big enough for thick hair. Instead, use a stretchy headband and double it over. It's the best for a top knot.

NO SPEED DIAL

HAIRCUT

Renya Xydis at Valonz in Sydney. I've been seeing her for about 20 years. She knows me well, so gets me in and out as fast as possible.

valonz.com.au

HAIR COLOUR

Haleema Harris-Moraitis at Valonz. She's one of the best. She's family now and going to the salon is like going home.

valonz.com.au

BROWS

I swear by Jill Adams of Jill Adams Permanent Beauty on Sydney's northern beaches. She has worked with my lame excuse for brows for 15 years.

(02) 9999 5518

SPA

Melanie Grant in Sydney is a skin wizard. In my dreams, I visit her every month. In reality, it's nowhere near that but there's always hope.

melaniegrant.com



1. Regenerating Shampoo With Prickly Pear Oil, \$51, Christophe Robin, adorebeauty.com.au – "This brand is my new obsession. Christophe Robin is a colour genius and his products are so innovative."

2. Coriander Seed Body Cleanser, \$27, Aesop, aesop.com.au – "My man, Sam, came home with this one day as a present and it's been part of the furniture ever since – but we hide it from our kids so it lasts longer." 3. System Professional LuxeOil Keratin Boost Essence, \$36, Wella, 1300 885 002 – "My secret weapon. It gives my coarse, often-crazy hair shine and smoothness. My hair drinks it." 4. Sensitive Sunscreen Lotion SPF 50+, \$27.95, We Are Feel Good Inc, wearefeelgoodinc.com.au – "It has no nasties and is oxybenzone-free (so it doesn't damage coral reefs). I use the sensitive formula so I can share it with the kids." 5. Pure Marula Oil, \$146, African Botanics, mecca.com.au – "A perfect hydration booster. My friend put me on to this and I owe her big time."

6. Purity Clean Exfoliating Cleanser, \$68, Cosmedix, 1800 648 851 – "So light, so easy. I use it in the shower." 7. C-Firma Day Serum, \$116, Drunk Elephant, mecca.com.au – "This is also great on the back of the hands." 8. Resveratrol Moisturising Crème, \$93, Aspect Dr, aspectdr.com.au – "I use it both day and night." 9. Epsom salts, \$4.95, About Life, aboutlife.com.au; Signature Blend Essential Oil, \$26, Endota Spa, endotaspas.com.au – "My ultimate treat is a hot bath, music and a glass of wine."

10. The Shock Volumizing Mascara, \$57, Yves Saint Laurent, 1300 651 991 – "I've always liked the idea of lash extensions, but could never be bothered to maintain them. This is the next best thing." 11. Concealing Pen, \$80, Tom Ford, davidjones.com.au – "I always look tired, even when I'm not, so concealer is my best friend." 12. LB Cream, \$31, The Base By Lara Bingle, thebase.me – "It's everything in one – moisturiser, tint and sun protection. Easy, lightweight and low-maintenance." 13. Hydra Beauty Nutrition Nourishing Lip Care, \$55, Chanel, 1300 242 635 – "I use it religiously." 14. Les Exclusifs De Chanel in Sycomore, \$470 for 200ml, Chanel, 1300 242 635 – "I gravitate towards scents that make me feel like I'm on holidays. This has a great 'getaway' feel." 15. Le Vernis in Blanc White, \$41, Chanel, 1300 242 635 – "The perfect nude."

IT'S TIME TO GET SENSITIVE

You don't need harsh products to purify your skin. Clear imperfections gently with natural active ingredients.

Do you have sensitive skin that's also prone to spots and breakouts? You're not alone. Forty per cent of Australian women between the ages of 15-34 say they suffer from sensitive skin with imperfections[^]. But layers of harsh products aren't the key to a clear complexion. Soothe and purify irritated skin with products enriched with natural actives, which work to eliminate impurities and reduce spots without drying out skin. Get fresh, healthy and radiant skin in three simple steps.



START FRESH:

Enriched with zinc and witch-hazel, this hypoallergenic and pH-balanced cleanser purifies the skin to reduce imperfections, without drying it out. Anti-Blemish Soap-Free Gel Wash, RRP \$11.95



SHRINK PORES:

Thanks to salicylic acid, this next-gen gel toner visibly tightens pores, while hydrating and soothing to leave skin soft but never stripped. Anti-Blemish Gentle Toner, RRP \$11.95



FRESH FINISH:

With witch-hazel and zinc, this moisturiser hydrates for 24 hours, working to diminish spots and leave no greasiness or stickiness. Anti-Blemish Soothing Moisturiser, RRP \$11.95



NATURAL ACTIVES:

Purifying zinc visibly reduces pimples and marks without drying out skin, while witch-hazel soothes and comforts sensitive skin.

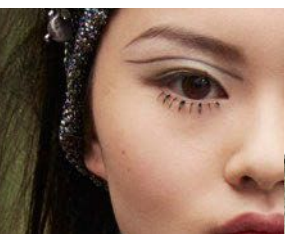
f @GARNIERAU
 @GARNIERAUSTRALIA
 GARNIER.COM.AU

10 PRODUCTS YOU'RE ABOUT TO SEE EVERYWHERE

From *high-tech* mascara to a lipstick that doubles as an illuminator, update your arsenal with this season's *stand-out beauty buys*



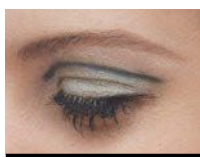
The AW17-18 runways were a celebration of individuality, with designers throwing out any notion of one trend fits all. The beauty teams got the custom memo, too, calling on new hero products and cult favourites to create memorable looks. Whether you like your makeup simple and pared back or bold and vivid, there's never been a better time to embrace the real you – and these are the 10 beauty products that will help you do just that.



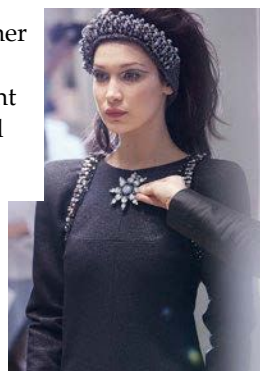
Ombre Première
Longwear Powder
Eyeshadow in
Titane, \$52, Chanel,
1300 242 635

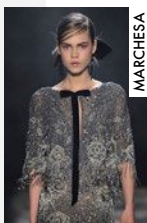


THE ONLY EYESHADOW YOU NEED



While Tom Pecheux's space-age makeup may not have initially caught our eye at the Chanel show (it's hard to compete with one of Karl's collections, oh, and a giant rocket on the centre of the runway), up close the look was striking. Created using the house's new Ombre Première eyeshadow in Titane, the silvery shade was a rare retreat from the warm hues and barely there bronzes that have dominated the runways for seasons. While Pecheux's tricky floating eyeliner might be beyond your skill set, Chanel's updated, pure-pigment shadows make it a cinch to pull off this season's graphic eye far away from the Grand Palais.





MARCHESA

THE SLEEPER HAIR HIT: BLACK RIBBONS

In life, three times is a charm. In fashion, three times is a trend. Going above and beyond the required catwalk appearances to be considered a hit was the humble black ribbon. In New York, they were wide at Tory Burch and even bigger at Marchesa; in London, there were Alice bands at Temperley London and ribbons tying up half-up ponytails at Emilia Wickstead; in Milan, they were spotted at Philosophy Di Lorenzo Serafini; and in Paris, they were accessorising ponytails at Rochas. When all four cities decide on something, it's time to schedule in a trip to Lincraft, stat.



EMILIA WICKSTEAD

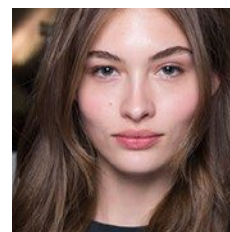
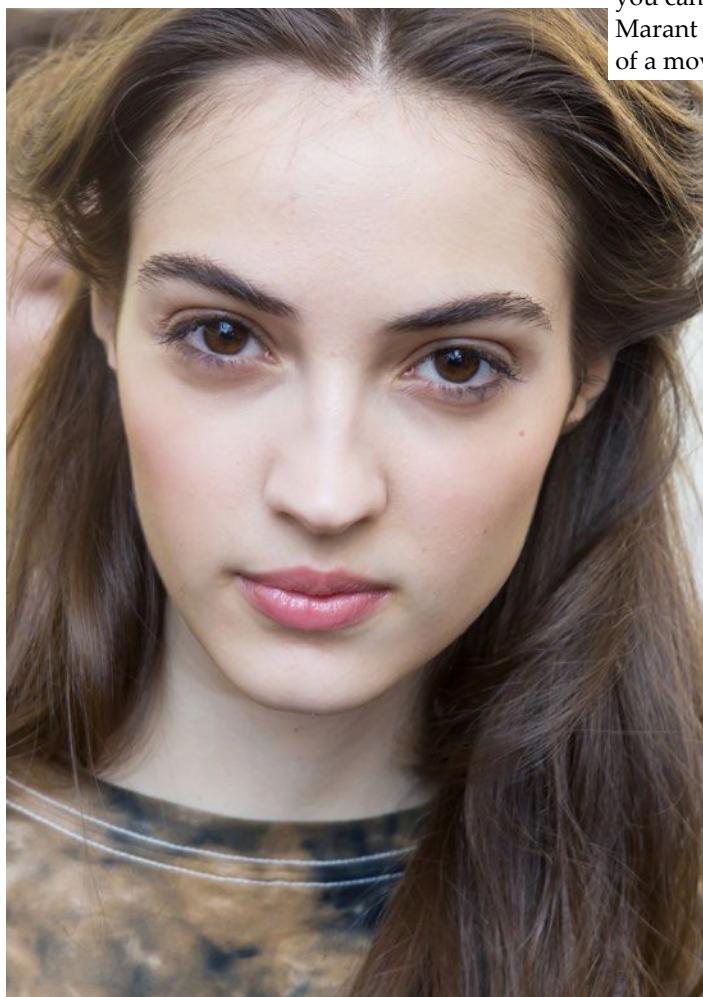
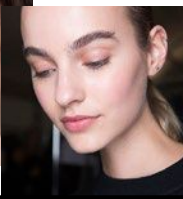
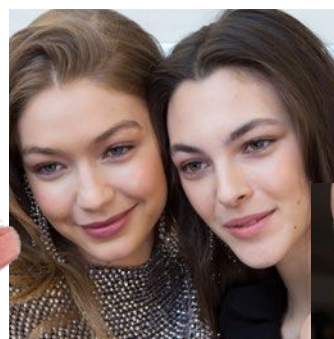
Velvet ribbon,
\$4.50 per metre,
Lincraft,
1300 546 272



2

THE CHEAP THRILL

In our endless quest to emulate French-girl everything, all eyes are perennially glued to the Isabel Marant show to catch a glimpse of what we wish we could be wearing every season. For AW17-18, makeup artist Lisa Butler created a rosy Parisian glow with a product you can pick up at Priceline: Burt's Bees Lip Crayons. Blending various pinks and reds onto lips and cheeks backstage, Butler shared her tip for finding the perfect shade – just pinch your cheeks and pick a colour that matches your natural flush. So now you can get the skin of an Isabel Marant girl for less than the price of a movie ticket. Très bien! ➔



Lip Crayon in (from top)
Niagara Overlook and
Redwood Forest, \$16.95 each,
Burt's Bees, 1800 813 661



BEAUTY

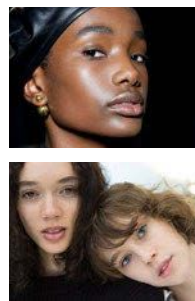
3

THE FASHION HIGHLIGHTER



Highlighter in Modern Mercury, \$110, Victoria Beckham Estée Lauder, esteelauder.com.au

Obvious strobing was scarcely seen this season; in its place, a minimalistic, fashion-girl glow. Of course, makeup legend Pat McGrath did it best at Victoria Beckham's New York show, where she used the designer's own highlighter from her insanely successful Estée Lauder capsule collection. Spending over two pineapples on a highlighter might seem like a stretch but, trust us, all you need is a single dusting across the high points of your face to give your skin a warm, healthy radiance. Meaning? It will last eons.



THE NEXT-GEN MASCARA

4

The beauty world is littered with gimmicks, with only a few living up to their click-bait appeal. Dior's Pump'N'Volume mascara is one of these success stories. The tubes, which can be squeezed to refresh the formula, were used backstage by Christian Dior Makeup's creative and image director Peter Philips, who brushed it through models' centre lashes (top and bottom) then smudged the formula along lash lines for "morning after" eyes. The tube is fun (and gives you *Back To The Future Part II*, "Just gotta pump up my shoes" feels), but the fresh-for-longer formula and thick, sooty lashes it creates are no novelty.

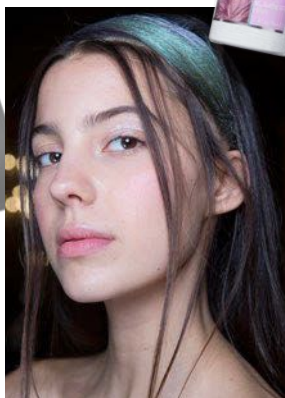
THE MODEL TO KNOW: JESS PW

Walking in a staggering 48 shows, Perth-born Jess Picton-Warlow was the MVP model of AW17-18. Making her debut on the international circuit for SS16, the blonde-haired, blue-eyed beauty upped her game by opening two shows and closing three this season. Watch this face.





Colorista Spray in (from left) #PastelBlueHair, #LavenderHair and #MintHair, \$14.95 each, L'Oréal Paris, 1300 659 359



5



THE ONE-WEAR WONDER

At first glance, the holographic headbands at Issey Miyake looked like yet another It-hair accessory to add to cart, but on closer inspection, it was the models' actual hair. Hairstylist James Pecis first slicked down the front section, giving it a hefty hit of L'Oréal Paris Elnett hairspray for hold and shine. Next, he spritzed teal, blue and pink hues of L'Oréal's new tinted Colorista Sprays next to each other, creating a halo of shimmery shades. The result? Bright hair that was more fashion, less festival.



6



THE UNEXPECTED MULTI-TASKER

Meet your new stealth selfie essential: M.A.C's highly anticipated metallic lipsticks, which moonlighted as cream eyeshadows, blush and illuminators at Lanvin. The shimmery chocolate shade Modern Midas created a wash of colour across lids, while sparkly honey hue Jupiter added a highlight to cheekbones. "Being a lipstick and being a cream, it's easy to blend and create this melange of colours," says M.A.C senior artist Gisel Calvillo. "The fun part is you can do this look with your fingers, to really blend it into the skin."



Frost Lipstick in Jupiter, \$36, M.A.C, maccosmetics.com.au



Evercalm Ultra Comforting Rescue Mask, \$50, Ren, mecca.com.au

THE LESSON: MASK BEFORE MAKEUP

Back-to-back shows can dim the skin of even the spriteliest models, so makeup artists turned to radiance-boosting treatments. At Ulla Johnson, Tata Harper's Resurfacing Mask was used to refresh complexions, while Ren's Evercalm mask, which is spiked with redness-reducing white mushroom extract, was layered on faces before the Alice And Olivia show. "A model's skin has to deal with a lot – harsh products, repeated makeup removal, travel..." says David Delpont, Ren's head of education. Think of the glow-getters as the ultimate reboot button for Saturday-night skin. ⇨



Resurfacing Mask, \$80, Tata Harper, net-a-porter.com



7

THE UPDATED CLASSIC

In an ideal world, we'd have the time (and steady hands) to copy one of the countless intricate nail-art designs spotted on the runways. In reality, layering on a fail-safe shade that won't make you look like a hot mess after one chip is the more viable option. Stella McCartney gets it, too, opting for OPI's iconic Bubble Bath to offset her wearable collection in Paris. Even better, the Holy Grail shade is now available in the brand's extended-wear formula, for week-long gloss. Easy (read: lazy) just got easier.



Infinite Shine 2 Gel-laquer in Bubble Bath, \$22.95, OPI, 1800 812 663



THAKOON



JW ANDERSON



JW ANDERSON

8

THE HANDBAG ESSENTIAL

Base makeup is always a try-before-you-buy scenario, but Nars' new concealer works with every skin type and diffuses an array of imperfections, making it our top skin-vestment for the season. It was put to work for AW17-18, with makeup artist Diane Kendal using it to balance out complexions at Thakoon, creating an even base for the colour-block lips it accompanied. And over at JW Anderson, Mark Carrasquillo praised its real-skin matte finish. It touches up without caking – just warm it up on the back of your hand for a better blend.



Soft Matte Complete Concealer, \$44, Nars, mecca.com.au



JW ANDERSON



THE CUT TO COPY:
ALEXANDER WANG BOBS

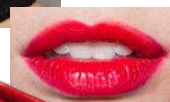
Models aren't usually elated by an impromptu makeover unless it's for Alexander Wang (and at the hands of fashion-week veteran Guido Palau). Among the chopped was Aussie Catherine McNeil, who stomped out in a fresh bob-pixie crop that will surely have a permanent spot on haircut inspo Pinterest boards for months to come.



THE RED LIP REINVENTED



Color Sensational Vivid Matte Liquid lip colour in Orange Shot, \$17.95, Maybelline New York, 1300 369 327



Every season, makeup artists flex their creative muscles by reimagining the classic red lip, and for AW17-18, Yadim Carranza had the stand-out at Jason Wu. A perfect move to steal if you find red lips a little too retro, Carranza used Maybelline's Vivid Matte Liquid lip colour in two shades: orange-red on the top lip and a fire-engine crimson on the bottom. The effect hit all the strong, modern notes of Wu's collection but wasn't too kooky to stop you trying it at home.



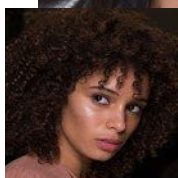
Color Sensational Vivid Matte Liquid lip colour in Rebel Red, \$17.95, Maybelline New York, 1300 369 327

Dry Texture Spray, \$28, Moroccanoil, 1300 437 436



THE TICKET TO TEXTURE

Mirroring the sexy-meets-structured silhouettes coming down the Cushnie Et Ochs runway were the broken S-bends tumbling down the models' backs. The roughly tousled yet still shiny waves began with a base of Moroccanoil's Dry Texture Spray, which gives hold and height to waves, but is spiked with the brand's DNA argan oil. If some dry sprays make your hair look dull, give this set-for-cult-status spritz a go.



10



THE SKIN TRICK TO TRY: DROP IT

To bring back your dewy glow and rehydrate thirsty skin after the winter months, upgrade your foundation by spiking it with anti-ageing skincare before you buff it in. Makeup artist Edward Cruz used the move at Michael Costello's NYFW show, adding a few drops of Caudalie's Premier Cru L'Elixir face oil into his base mix backstage. □

Premier Cru L'Elixir, \$128, Caudalie, sephora.com.au

A woman with long, wavy blonde hair is sitting on a yellow, ribbed chair. She is wearing a long-sleeved, pink lace dress and white high-heeled sandals. She is holding a string with a white pom-pom attached to it. A white cat with blue eyes is standing on the floor, looking up at the pom-pom. The background is a bright yellow wall, and there is a large, crumpled pink fabric on the left side of the frame.

novo



novoshoes.com.au

VIVE LA REVOLUTION

Dior's classic eau gets a thoroughly *modern makeover*

In a world where more than 1,000 new scents land on our shop shelves every year, the concept of a classic is getting harder to come by. There are only a select few fragrances that inspire the kind of passionate devotion of 1947's Miss Dior. But even icons can benefit from a little tweak here and there.

This month, Dior has given its very first scent, in the famous houndstoothed, bow-clad bottle, a respectful makeover. "It's a different way of working than if you're creating something that is brand new," explains Dior's master perfumer François Demachy. "On one hand, you're working on the legend. On the other, you have this framework that provides the orientation. We mostly changed the balance between the ingredients and the notes, removed some and added others. The rose is still there of course – it's the flower of love, the best illustration of femininity and has been Miss Dior's principal ingredient from the beginning."

Since Miss Dior is a fragrance that's always been inspired by a youthful, rebellious spirit (it was a fresh, green chypre when most eaus were powdery affairs, the kind you dabbed at your neck when you had a gentleman caller), it's fitting that even at 70, she has the opportunity to re-energise.



GARDEN PARTY

Celebrating the launch of Miss Dior in Grasse, France


It's that same energy that's currently pulsing through the fashion house. With a woman at the helm for the first time in the brand's 70-year history, artistic director Maria Grazia Chiuri has been championing a feminist revival, a call to arms and a celebration of the femininity and spirit of women. "The idea is to be closely in harmony with Maria Grazia's fashion and way of being. It's freshness with personality," says Demachy. "In earlier versions of Miss Dior, there was a greedy or edible note that was very obvious. The floral notes lacked smoothness, which is something you have in Maria Grazia's collections."

In a practical sense, those tweaks mean that orange, mandarin and jasmine have been replaced with the spicy sweetness of bergamot, rosewood and pink peppercorn. "The Miss Dior woman is ethereal, transparent.

She is genuine, forthright, frank and direct," says Demachy. "It's a very graceful femininity but, at the same time, she packs a punch." Time to put up your dukes.



Miss Dior EDP,
\$240 for
100ml, Dior,
(02) 9295 9059;
out September 2

A portrait of Natalie Portman with long, wavy brown hair, looking directly at the camera. She is wearing a light blue, long-sleeved dress with ruffled cuffs and a ruffled collar. She is leaning against a wooden chair with vertical spindles. The background is a soft, out-of-focus green field.

Dress, \$5,100,
Christian Dior,
(02) 9229 4600

WONDER WOMAN

Natalie Portman has been the beautiful face fronting the spectacular Miss Dior campaigns since 2010. To celebrate its new incarnation, we chatted with the actress and mother-of-two about *fragrance, France and feminism*

YOU'VE BEEN THE FACE OF MISS DIOR FOR SEVEN YEARS. DO YOU HAVE A FAVOURITE VERSION?

I feel like it has evolved with me. The current one feels so like the part of life that I'm in. Right now, I really appreciate things that take time, which is kind of the antithesis to our culture where everything is disposable. The roses that go into the fragrance only bloom for a few weeks out of the year. They have to be picked by hand. And the knowledge is handed down from one generation to the next. It's the kind of care and attention that's missing these days. It's like couture in a bottle.

MISS DIOR IS ABOUT REBELLION. WHAT'S THE MOST REBELLIOUS THING YOU'VE DONE?

I went off to Morocco by myself when I was 18. My parents said, "Please don't," and I was like, "Nope." I did a lot of travelling on my own.

ARE YOU A FEMINIST?

Yes. It's confusing why anyone wouldn't be. It just means you believe we should all have the same opportunities and rights. That anyone thinks it's radical is a wake-up call, and a good one. We must have been naive or we ⇨

"It's been incredible to get to see this sort of rebirth of feminism, which Maria Grazia Chiuri has been such a proponent of"

Dress, \$15,500, briefs, \$1,250, both Christian Dior, (02) 9229 4600

weren't paying attention to the fact men were ruling over all these women. It's been incredible to get to see this sort of rebirth of feminism, which Maria Grazia Chiuri has been such a proponent of.

YOU'VE LIVED IN PARIS AND LOS ANGELES. WHAT ARE THE DIFFERENCES?

They're complete opposites, but very complementary. LA has the sun and that special light and so much nature. And Paris just has such a deep culture. The energies of the cities are different, too. LA is a young, changing city. It's very loose – everyone kind of just does whatever they want. Paris is so established – there's a lot of heritage and more rules. I used to wear sweatpants every day. Now I'd never wear them out of the house.

WHAT HAVE YOU LEARNED ABOUT BEAUTY?

In the US, if you have something like a mole or a big nose, you try to hide it. In France, it's emphasised. They're like, "That's my thing – that's what makes me different." They celebrate the differences as the thing that makes you beautiful. That's a good attitude to have.

WHAT'S THE BEST BEAUTY ADVICE YOU'VE EVER RECEIVED?

Sunscreen. And someone told me early on not to pluck my eyebrows. That's important because now eyebrows are a thing.

HOW HAS YOUR BEAUTY ROUTINE CHANGED SINCE YOU BECAME A MOTHER?

I now do everything in the shower. And I get acupuncture once every couple of weeks and that really helps me. I don't get a lot of time for glamour, but of course, I still have my perfume.

HAS HOW YOU WEAR FRAGRANCE ALSO EVOLVED?

What I like has stayed relatively the same. When I was much younger, I'd go for sweeter smells. As an adult, I'm drawn to florals like jasmine, orange blossom and rose. And throughout pregnancy and motherhood, you do become very sensitive to smells.

HOW DO YOU FIND BALANCE AS A WORKING MOTHER?

There are certain treats I give myself, like acupuncture or doing a crossword. Or I watch *MasterChef Junior* with my son every week. I hike with friends a lot when I'm home, because it's exercise and I get to spend time with a friend and be in nature. They're the things that let my mind relax a bit. The pace of working and being a mum is very intense, so it's nice to have things that calm me.

WHAT'S YOUR GO-TO RED CARPET LOOK?

Classic. You want to be able to look back in 10 years and still feel like it's something you would wear.

HAVE YOU GOT ANY HIDDEN TALENTS?

I'm okay at a lot of things. I can sort of tap dance and I can sort of cook. I can change a diaper very well though.

WHO WOULD YOU SAY IS THE MOST INFLUENTIAL WOMAN IN YOUR LIFE?

My mother. I'm lucky to have a wonderful mother. I definitely try to be like her, because I can't think of any better way to be. □

LEADING LADY

Behind the scenes of the new Miss Dior campaign



Photography: David Bellemere for Parfums Christian Dior; courtesy of Dior. Styling: Kate Young. Makeup: Peter Phillips. Hair: Bryce Scarlett. Manicure: Nelly Ferreira. Natalie wears: Diorskin Forever Perfect Mousse, Diorskin Forever Undercover, Diorskin Forever & Ever Control Loose Powder. All-in-Brow 3D, Diorshow Pump'n Volume, 5 Couleurs in Nargis, Rouge Liquid in Jungle Nargis and Dior Vernis in Miss Sixty



Dress, \$POA,
Christian Dior,
(02) 9229 4600



LIQUID ASSETS

The *smallest element* on the periodic table might prove to be a powerful tool in fighting disease – and delivering *glowing skin*

Like everyone who came of age post-Cindy Crawford, I was raised to believe I had to chug eight glasses of water a day to stay healthy. Sure, water is a life force – up to 60 per cent of the body is composed of it – but downing litre after tasteless litre has never stirred me in quite the same way as tossing back a sugary Gatorade. Until now.

Hydrogen-rich water – in which protons and electrons are added to regular old H_2O , giving it a surplus of hydrogen gas (H_2O plus molecular hydrogen does not a new element make) – has been a thing in Japan since the '60s, and the country is now in full hydrogen mania: major companies sell machines that gas up water for at-home guzzling, and health nuts pop hydrogen-infused anti-ageing supplements or soak in hydrogen-enriched bath salts to reap an array of skin-perfecting, anti-inflammatory and antioxidant benefits.

Too good to be true? Consider this: in a small study documented in the *Journal Of Photochemistry And Photobiology*, subjects who bathed in hydrogen-enriched water daily for three months showed significant improvement in neck wrinkles. In the same study, samples of UV-damaged human fibroblasts (aka sun-zapped skin cells) were also shown to increase collagen production twofold after being immersed in hydrogen water for three to five days.

Hydrogen (H) is the smallest and lightest element on the periodic table. When ingested, it travels through the bloodstream and, according to research, weasels its way into the mitochondria, the energy centres of cells, and penetrates the nucleus, where the majority of DNA is stored. There, it reduces free radicals – inflammation-causing molecules linked to everything from accelerated skin ageing to cancer. This is no

HYDROGEN HEROES

MIND, BODY
AND SKIN CAN
ALL BENEFIT
FROM A DOSE

minor thing: a 2010 study in the *Journal Of Clinical Biochemistry And Nutrition* showed when 20 subjects with symptoms of metabolic syndrome (high blood pressure, insulin resistance) drank between 1.5 and two litres of hydrogen water a day for eight weeks, they saw a 39 per cent increase in an enzyme that fights free radicals, a 43 per cent drop in thiobarbituric acid (a substance linked to oxidative damage) and a 13 per cent decrease in total cholesterol.

Not surprisingly, hydrogen water has become the new It-product in health circles, including Dr Perricone Hydrogen Water, which is packaged in aluminium cans (aluminium is said to best preserve hydrogen gas). It's not available to ship to Australia, so we suggest you leave room in your checked-in luggage on your next trip to the US. "I've never been more excited about a substance," says the man behind the can, dermatologist Dr Nicholas Perricone. "I truly believe we'll reduce healthcare costs by a third when people start drinking hydrogen water."

Perricone himself swills 700ml a day – the optimal amount, he says, for maximum benefits. His testing shows that within 15 minutes of drinking the water, there's a 10 per cent increase in NADH, a compound our bodies produce that energises cells. "The mental clarity you get is phenomenal," Perricone adds. He also claims hydrogen water can ease jet lag and – a game changer for athletes – speed up workout recovery, a theory echoed in a 2016 Japanese study that examined hydrogen baths as a treatment for exercise-induced delayed onset muscle soreness.

Another person on the hydrogen bandwagon is Robert Slovak, co-founder of Purative Active H₂ Molecular Hydrogen tablets, scientist and mechanical engineer, who helped pioneer reverse-osmosis technology, a widely used water-purification method. He points out that hydrogen is particularly effective because, unlike other antioxidants, not only is it teeny-tiny, it's also selective about the free radicals it tackles. One of its main functions is shutting down hydroxyl or OH (one molecule of oxygen, one of hydrogen), which is perhaps the most reactive free radical in the body and which our cells emit as a result of trauma and oxidative stress, as well as (in small amounts) after every single thing we do, from breathing to dancing all night.

I Love H₂ Molecular Hydrogen Generating Sports Supplement (\$59.95, alkaway.com.au) provides a portable hit of hydrogen – just make sure the bottle that comes with the tablets is full of water and tightly capped to allow the H₂ to concentrate.

Or try Perricone's topical line, such as the H₂ Elemental Energy Hydrating Cloud Cream (\$116, mecca.com.au), which is said to reinvigorate tired complexions. "You're getting levels of hydrogen 100 times higher than you would systemically," he says. "You're not going to get that concentration [to the skin] from ingesting it."

Like all free radicals, hydroxyl has an unpaired electron, and that electron turns it into an insatiable whirling dervish that must stabilise itself. "It will steal an electron from DNA, cell walls, mitochondria – and it will damage those when it does," Slovak explains. But hydrogen water cuts it off, splitting into its two hydrogen atoms, each of which donates its electron to a hungry hydroxyl radical – triggering a reaction that seems more mystical than scientific. Whereas some antioxidants can become free radicals after donating their electron to stop a free radical, hydrogen bonds with hydroxyl's hydrogen and oxygen to form a new molecule that's the opposite of harmful: H₂O. That's why a 2014 study in *PLOS One* examining traumatic brain injury (TBI) – which cues an uptick in hydroxyl and inflammation, and which research shows may trigger Alzheimer's and Parkinson's – found when mice drank hydrogen after a TBI, brain swelling was reduced by about half.

So, wait: drinking souped-up water can prevent free radicals from chomping up our grey matter? Let's not get ahead of ourselves, says neurologist and psychiatrist Dr Maurice Preter, who treats patients with dementia and brain injuries. "I don't want to shoot

down hydrogen-water therapy – we're in need of new treatments for dementia and need to keep an open mind," he says. "But we don't know how long-term [its effects] are." And while dermatologist Dr Macrene Alexiades cites "a great deal of promise for preventing or reversing oxidative damage from strokes, skin ageing, metabolic diseases and neurological damage", she says the effects of drinking the water day-to-day have yet to be measured in well-designed clinical trials.

Perricone is convinced he's also concocted a way to deliver hydrogen's benefits topically, via a range called H₂ Elemental Energy, which is part of his Perricone MD skincare line. Each product is packed with you-know-what – promising to re-energise and rejuvenate.

I find myself noticeably energised after a few swigs of hydrogen water, as if – poof! – I've suddenly had an extra bit of sleep. So I'm down to pay four bucks for a can of water – the same amount people shell out for Red Bull, and less than my organic almond-milk latte – if it might improve my skin and minimise the inflammation I've accumulated stressing out all winter (or will accumulate lazing around on sun-drenched rooftops come summer). Later, Gatorade. □

JUMP AROUND

If you're over slogging it on a treadmill or strapping into spin, *the new trampolining workouts* promise to detoxify, flush fat and make you have fun in the process

Get in touch with your inner child!" roars celebrity shapeshifter Simone De La Rue from her West Hollywood studio. While her Australian twang is mildly comforting to this Sydneysider, her booming voice is unfathomably intact for someone who has been simultaneously jumping on a trampoline and yelling for the better part of an hour. "Have fun, don't forget to smile!" Maybe I could have benefitted from a reminder to breathe, but I didn't need one to smile because I already was – the positive vibes in the room were palpable.

I'm bouncing my way through my first Body By Simone Tramp Cardio class, a choreographed session that sees you running, jumping, dancing and panting on a revamped '80s-style mini trampoline called a rebounder. It's hard, fast and fun, despite the preconceived dag-factor. "I'm trying to make trampolining cool again because it's a perfect workout for anyone with injuries, it's amazing for weight loss, it's a great core workout and it really kicks the heart rate up," says De La Rue, who has been espousing the benefits of bouncing since opening her first US studio in 2011.



Australians are jumping away the bulge, too – Bounce Inc has kicked off fitness classes at its trampoline parks across the country. Unlike with De La Rue's rebounders, any hope of being cool and coordinated on a giant trampoline is quickly dashed, and unlike some other gym classes, so is the competitive atmosphere. "Our Bounce Fit customers genuinely love coming to classes, which is hard to say for a lot of exercise options," says Liam Dempsey, head of programs at Bounce Inc. There are no mirrors, no clocks, no unspoken hierarchy and no intimidating regulars, because essentially there's no way to be "good" at running across a giant trampoline in seven seconds flat. "I'd challenge anyone

to spend some time on a trampoline without laughing or smiling."

Fun aside, tramp fans regularly tout the fitness benefits uncovered by NASA, which found that bouncing on a trampoline is 68 per cent more effective for cardiovascular health and fat-burning than running. Used by astronauts whose fitness had diminished after prolonged periods of weightlessness in space, the research showed rebounding was softer on joints, too, with impact pressure evenly distributed across the body rather than hitting the ankles like other forms of cardio. NASA also noticed that rebounding strengthened the bone density that astronauts lost after months of zero-gravity life – and it's just as physically effective for us regular folk back down on earth.

"When we rebound there is an acceleration and deceleration that happens on each jump and this increase in g-force puts just enough pressure on bones in order to stimulate them to produce new cells to replace old ones and absorb calcium, making bones stronger and halting the impacts of osteoporosis," explains body alignment specialist Lauren Roxburgh. "The g-force also helps to increase proprioception [body awareness], while internally lifting and strengthening the pelvic floor."

It's also believed that the balance and coordination that bouncing calls for can decrease memory loss and boost brain functioning. "When jumping in the air, both sides of the brain are activated and working, meaning both sides of the body must work in unison to maintain coordination and balance. This improves motor skills and control," says Ebony Ablett-Johnstone, team leader at Bounce Inc. "After this type of workout, which demands so much of the brain, the brain is more stimulated and engaged. As well as having better resources of oxygen flowing through, this leads to a more productive and healthy life."

If you're more of a live-for-the-now kind of person, trampolining also trumps other forms of fitness in the detox and digestion

5 BOUNCING WORKOUTS TO TRY

IN YOUR CITY...

Bounce Inc

Bounce Fit classes team trampoline exercises with planks and sit-ups. The full-body workout makes you feel like a kid, but those sore muscles are the real deal.

\$17, Australia-wide; bounceinc.com.au

Dance Barre

Katie Dickens' classes blend ballet and bouncing, using dumbbells and ankle weights to tone and tighten.

\$20, Queensland; dancebarre.com.au

U-Bounce Fitness

Set on a rebounder, each class varies with fast-paced moves, slow squats and weight lifts for a top-to-toe workout.

\$27, Victoria; ubounce.com.au

PRESS PLAY...

Rolling + Rebounding To Burn Fat And Detoxify

Designed to boost your lymphatic system and metabolism, Lauren Roxburgh's workout combines bouncing with foam rolling for the ultimate fat-flushing routine.

Download for \$33; laurenroxburgh.com

Body By Simone TV

Julianne Hough and Taylor Swift are fans of Simone De La Rue's classes, and now you can stream her unique workouts from home. The Tramp Cardio classes are low-impact but results-driven.

Subscribe for \$20 per month; bbstv.bodybysimone.com

department. "The up and down g-force acts like a gentle massage to the organs, activating every cell in your body and boosting the lymphatic system," says Roxburgh, referring to what she calls "the garbage disposal of the body", and the key to trampolining's fat-flushing prowess. "Researchers believe that the circulation of lymphatic fluid increases during changes in [the] gravitational pull on your body – which helps to flush toxins and fat more efficiently. So as you bounce on the rebounder, the increased g-force that occurs each time you land is thought to cause a surge of lymphatic drainage, boosting immunity, improving circulation and digestion, helping flush toxins from your body and even reducing cellulite."

While bouncing won't see you dropping multiple dress sizes in a week, Roxburgh says her routine of dry-body brushing, followed by foam rolling, rebounding and an infra-red sauna or hot salt bath is a killer combination to torch those last stubborn kilos. "We all have a beautiful musculature underneath the fat, so what we have to do is clear that fat in the most efficient way possible," she says, adding that a stressed-out nervous system will never let you lose weight, no matter how much you restrict your kilojoule intake. "Rebounding reduces stress and, when you release stress, your nervous system calms down, you make better food choices, your energy is flowing, your chi is flowing and your metabolism is more enhanced because you're breathing better. It's the most miraculous cardio workout available."

And it's not just the increased circulation that will make your skin glow, that g-force from jumping has an anti-ageing effect, too. "Research has shown with repeated exposure the cell membrane thickens, thus becomes firmer and gains elasticity," says Ablett-Johnstone. "Your skin is a community of cells, therefore consistent use of a trampoline will firm up your skin and give you that naturally more elastic feel." Go ahead and jump. □



dyson supersonic

Powerful digital motor.
Designed for fast drying.



Now in purple. Limited edition.



LIVING

SIMPLE LIFE

The founders of
lifestyle label Worn
share their *expertly
curated family home*

IN SYNC

Creative couple Lotte James Barnes (left) and Lia-Belle King prove different style aesthetics can merge beautifully

UP IN LIGHTS

Made for their wedding, this “Everything for love” neon sign holds a special place in the couple’s hearts



In the picture-perfect green hinterland surrounding Byron Bay, you'll find this sweet haven of timber and white, belonging to Lia-Belle King and Lotte James Barnes of lifestyle label Worn. They share the early-1900s former schoolhouse, situated on 22 acres of bushland, with new baby Ophelia and dog Gray. The pair relocated their lives from Indonesia in 2016 and have allowed their new surrounds to have an impact on their style – showing both where they've been and where they are. “We like it to be a harmonious reflection of our personal and locational journeys,” says King. “The interior has a distinct coastal feel, but the Art Deco furniture and antiques show the travels we’ve been on.”

The pale colour palette and open layout give the space a sense of much-needed calm, considering their busy business and newborn baby. “The practice of wabi-sabi is an influence,” says King, referring to the Japanese term for finding beauty in the ➔



LIVING

STATE OF CALM
Original hardwood floorboards combined with a white colour palette gives the home a fresh, serene feel



modest and imperfect. "We like the space to be humble but also artistically interesting. We try to keep our home open, with only a careful few considered adornments that are meaningful."

Like anyone who shares a home, the couple's decor is a merging of their individual aesthetics. "Lotte and I actually have very different styles and fusing the two is sometimes a challenge," says King. "In the end, we opt for a less-is-more approach, working with neutral tones to maintain a calm base, and adding a few statement pieces of furniture or art to bring an interesting lift to an otherwise minimal scheme."

This minimalistic style combines perfectly with their love of practicality. "Nothing we have in our home is there purely for the sake of decoration," says King. "Our home is the hub of our day-to-day growth and also a place for creative outlet. Furniture is always rotating and rooms are always changing. We love playing dress-up with new pieces we design before they head to the store."

The consciousness they bring to their home is also the cornerstone of their much-loved business. "We produce small runs of ethically

"OUR HOME IS HEAVILY INFLUENCED BY THE PRACTICE OF LIVING A CALM AND HOLISTIC LIFE"





SWEET DREAMS

Even with a cot and toys for baby Ophelia, the house manages to look chic



made chairs and tables that are really unique in design," says King. "If you're looking to invest in one or two pieces, we want people to choose consciously, and to choose a piece that's special for how it was made, not just for how it looks."

As well as being surrounded by their own designs, the couple get plenty of decorating inspiration from Instagram. "We do prefer one-off, antique, custom or collected pieces, so purchasing directly from collectors, craftsmen, designers and artists is made easy thanks to modern technology," says King. "At Worn, we also stock work by designers and artists who we love and we make a conscious effort to support businesses owned and run exclusively by women." Who run the world?

"EACH PIECE IN OUR STORE IS SOMETHING WE'D PERSONALLY CHOOSE TO HAVE IN OUR HOME"





Sideboard, \$1,890, **Harto**,
clickonfurniture.com.au



Jugs, \$32 each, **Lightly**,
lightly.com.au



Pendant light, \$378,
Bisque Interiors,
bisqueinteriors.com.au



Floor lamp,
\$499, **West Elm**,
westelm.com.au



Print, from \$150,
Jai Vasicek,
ahoytrader.com



Bookcase, \$129,
J Burrows,
officeworks.com.au

For a neutral space that's far from boring, mix high and low. "The opposition of high glam and natural balances each other out, so neither shouts for attention," says King. □



Chair, \$769, **Worn**,
wornstore.com.au



Stool, \$750,
Mark Tuckey,
marktuckey.com.au



Cutlery set, \$215,
Lorena Gaxiola,
lorenagaxiola.com



Sheepskin rug, \$440,
Hides Of Excellence,
hidesofexcellence.com.au



Bassinet, \$699, **Worn**,
wornstore.com.au



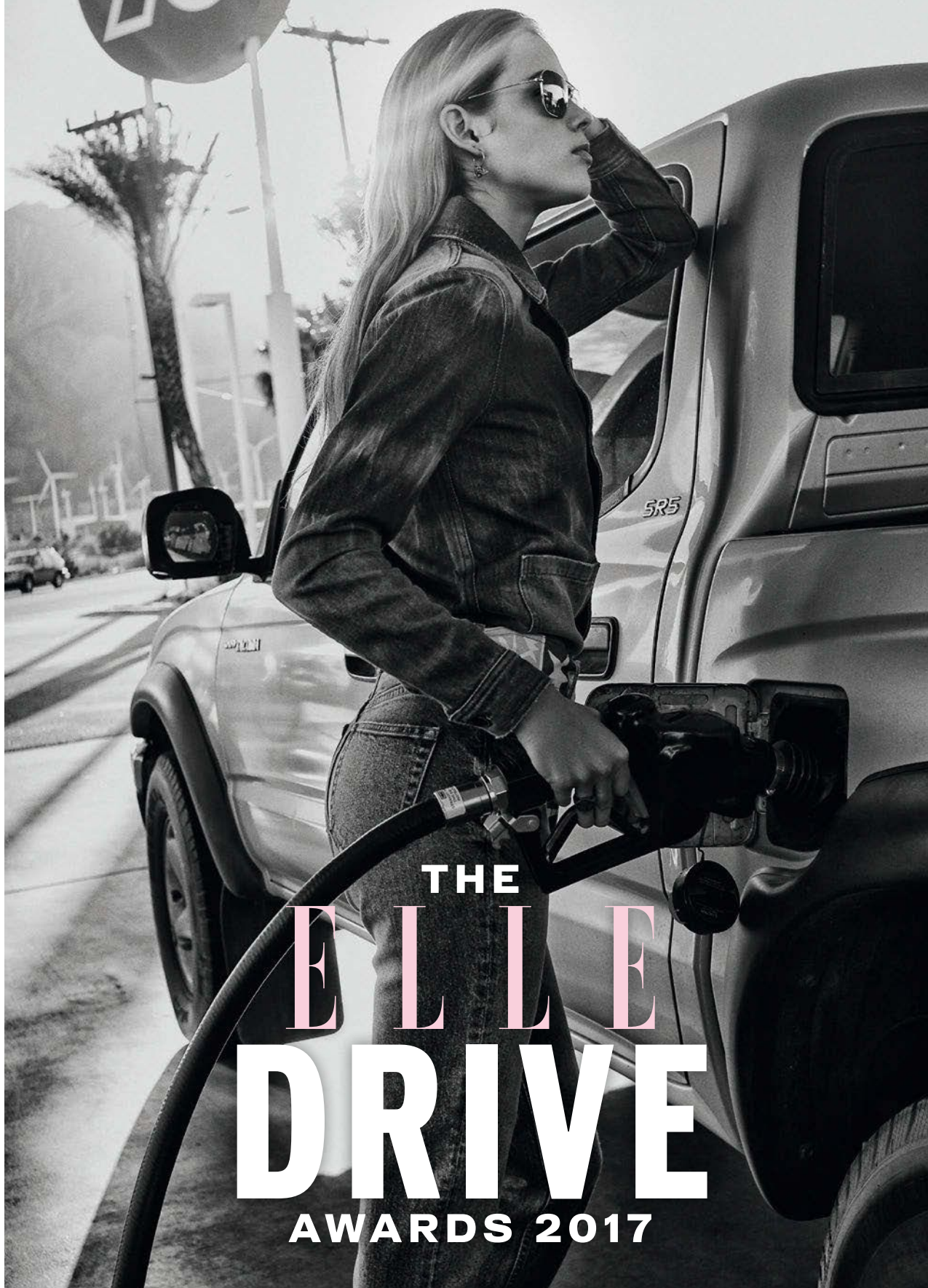
Plant, \$45,
Domus Botanica,
domusbotanica.com.au



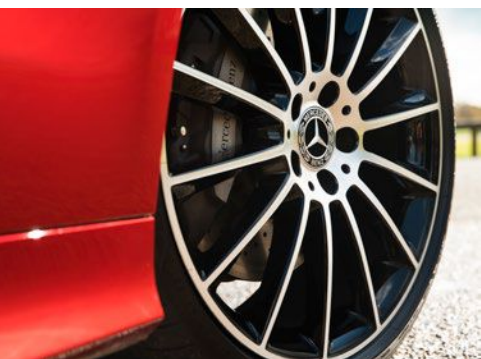
Tray, \$89, **Zakkia**,
clickonfurniture.com.au



Mug, \$66,
Takeawei,
koskela.com.au



At a time when *four-wheeled design meets our most stylish and functionary cravings*, when self-driving cars are a reality and when eco-conscious minds can rest a little at ease, a driver's choice is endless. But there are some cars that are *revs ahead of the pack*. Noelle Faulkner test-drives 16 of the finest



» Most galactic

MERCEDES-BENZ E 400 4MATIC COUPÉ

FROM \$145,900, 3.0L 6CYL,
245KW, 480NM, 8.4L/100KM

This car in a word? Extra. It's *Blade Runner* meets Daft Punk meets Raf Simons' tenure at Dior. The shape appears to move at a standstill and the cockpit oozes futuristic sexiness with nappa leather, ambient neons (64 moody hues, including millennial pink, FYI) and a wicked 13-speaker Burmester surround-sound system. It's also the safest and most technically advanced class on the road (toe-dipping starts at \$96,000 for the E 220d Coupé), with more processing power than an Airbus A380. With a mind-blowing number of safety tech features (collision warning function with brake assist? Tick), this twin-turbo two-door is also semi-autonomous – hit the highway, flick on cruise control and the car smugly takes over. In fact, the only retro thing about the E 400, besides an analogue clock in the dash, is the need for a driver; we're not at *Demolition Man* level just yet.

THE WINING EDGE: The word "luxury" is thrown around a lot, but the Germans have nailed it here. Welcome to the future.



» The unicorn prize

LEXUS LC 500 AND LC 500H

FROM \$190,000, 5.0L 8CYL, 351KW,
540NM, 11.6L/100KM; 3.5L 6CYL HYBRID,
264KW, 348NM, 6.7L/100KM



A good gauge of a luxury car is a Venn diagram of "fast", "functional", "chic" and "comfortable". Some may be practical, but lacking sportiness; others come with wow factor, but aren't daily-commute appropriate. The Lexus LC 500 and LC 500h hybrid (same price, same design, with only a discreet badge separating the two) tap into the rare, sweet spot of all four. A concept car over five years in the making that no-one expected to actually happen, this aerodynamic grand tourer gets some serious design kudos. Plus, it boasts a 10-speed transmission (a first for a luxury car), impressive 918-watt sound system and a supreme V8 under the hood, with back seats, legroom and getaway-ready space in the boot to spare. See? Unicorn.



THE WINNING EDGE: The devil is in the detail: Lexus burned through 50 seat designs, hours of exhaustive steering-wheel testing and even had to develop new leather-sewing techniques to create the opulently comfortable cockpit. Wallflowers need not apply. ➔





» *The don't-call-me-cute award*

FIAT 500

FROM \$17,990, 1.2L 4CYL, 51KW, 102NM, 4.9L/100KM



One of the best-looking 60-year-olds on the road, the Fiat 500 might get some smiles on the outside, but once you're inside, stylishly whipping around the city and pumping your get-it-done playlist, high-level joy is almost inescapable. Even more so if you've opted for the sunny, six-speed manual convertible with a sardine tin-like roof. With 10 Messina-eque flavours to choose from – including the retro Mint Milkshake and a gorgeous Portofino-inspired deep-sea teal blue (the soft-top colours are customisable on some models, too) – 15-inch alloy wheels as standard, two-tone upholstery, voice command, touchscreen and six speakers perfectly tuned to its cosy interior, there's a real charm-meets-efficiency about this car that blooms with every beep-beep.

THE WINNING EDGE: When all those glamorous Italian getaways dominating our Instagram feeds end, this iconic Euro hatch will keep the holiday vibes alive (and you don't even have to leave town).



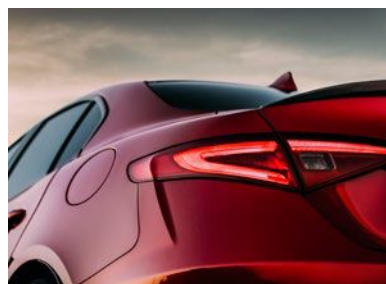
» *The trophy car*

ALFA ROMEO GIULIA

FROM \$59,895, 2.0L 4CYL, 147KW, 330NM, 6.0L/100KM

Alfa Romeo allegedly spent billions developing this performance ride, made for tempting fast appetites. Consider the Giulia the Monica Bellucci of sports cars: elegant, seductive, curvaceous and timeless. It's an unbeatable garage MVP quite literally: the top-end Ferrari-inspired V6 twin-turbo Giulia Quadrifoglio (actually, all models have a chic, Ferrari-like red start button) slaughtered the competition on the famous Nürburgring track last year, earning a stamp that says "fastest car of its class". Aside from the saucy cat-eye headlights, alloy wheels, sumptuous leather cabin and instant smug all models hold as standard, the Quadrifoglio has an exhaust button you can press and "Buongiorno!", you've arrived. Viva Italia!

THE WINNING EDGE: Built for performance and oozing Italian style, this is the closest drive you can get to a Maserati for half the coin.



» *The ready-for-anything SUV*



MAZDA CX-5 AKERA

FROM \$46,990, 2.5L 4CYL, 140KW,
251NM, 7.5L/100KM

➔ Mums wanting a mum car that isn't a "mum" car. Adventure types who don't have a big parking space. Power-lovers pursuing a sports mode with dream-like handling, tight suspension and grunt. Ding, ding, ding. There's a reason (or several) why this is one of Australia's favourite SUVs. The Mazda CX-5 has gone through many incarnations, and this all-wheel-drive model is its best self. Design-wise, it sits safely in the style-meets-innovation zone, the automotive equivalent of Nike Flyknits, if you will. With safety tech like adaptive LED headlamps, lane assist, park sensors and reverse cameras, plus a Bose 10-speaker sound system, sunroof and enough space for a sneaky mattress for two in the back, the biggest decision you'll have to make (besides black or white leather interior) is which road to take.

THE WINING EDGE: All the above (and more), with no corners cut and change from \$50K? Hard to beat.



» *Best mood lifter under \$50,000*

ABARTH 124 SPIDER

FROM \$41,990, 1.4L 4CYL, 125KW,
250NM, 6.7L/100KM

➔ Leave it to the Italians to design the facilitator of all your future *The Talented Mr Ripley*-esque summer montages. Slip back into this gorgeously shaped roadster, pop it into gear, hit the open road and feel your serotonin levels surge with a "prrrap" (for a bit more coin you can up the exhaust note to a roar). With a legendary sports heritage, a cool price tag and iconic Brembo brakes, this drop-top, turbo-charged two-seater drives like a drug. Be warned: you will find yourself doing reflective-surface drive-bys and garnering knowing nods from the Fiat car clique and fellow scorpion bonnet-stamped fam. It's a thing.

THE WINNING EDGE: Shifts, speeds and turns heads like a sleek vintage racer, minus the grease and roadside assist on speed dial. ➔





» *The power green prize*

BMW 530E IPERFORMANCE

FROM \$108,900, 2.0L 4CYL, 185KW, 420NM, 2.3L/100KM

Once upon a time, hybrids had a certain tell: they were bulky, ugly and seemingly slow – favoured by Goop-types smugly forgoing fashion to save the planet. That trope is long dead. This smooth beast is neither slow nor dowdy. Part of the new 5-series, BMW isn't messing around: this plug-in sedan gives you 43km of electricity, and gets you 0 to 100 in 6.2 seconds. It has all the high-end features (adaptive headlamps, driver assist, surround views, etc) and a slinky cockpit that makes driving a dream. This greenie means business.



THE WINNING EDGE: It's hard to get luxists to drop a house-deposit amount on a green car, but this drive makes a compelling argument. Maybe you can spend the spare petrol money on avocados?



» *The you-do-you award*



CITROËN C3

FROM \$27,990, 1.2L 3CYL, 81KW, 205NM, 6.1L/100KM

Chances are you might have spotted the quirky Citroën C4 Cactus – the SUV with the black “airbumps” on the side. Like most pieces of modernist art, you either love it or hate it. This month, the French brand steps it up with the launch of the C3, a low-slung, mini SUV that you can design as your own. It also doubles as a social-media star, with a dashcam that lets you create on-the-road #content. Everyone's a filmmaker now, eh?

THE WINNING EDGE: The choose-your-own-adventure colouring spans roof, fog lamps, side mirrors, rear window tone and interior, making it the most personal car on the lot.



» *The city SUV*

MINI COUNTRYMAN

FROM \$39,900, 1.5L 3CYL, 100KW, 220NM, 6.0L/100KM

The love child between a wagon, hatch and SUV, the Countryman makes for an ace getaway vehicle – be that by manoeuvring through



traffic or hitting the road. While it still has many of the features we love about classic Minis, such as that swift go-kart feel and

surprisingly roomy interior, the Countryman has some other cool things, including an automatic tailgate for shorties, cabin disco-lighting that changes colour via a switch on the roof and a cute infotainment centre in the dash. As for the fancier elements, expect to see park assist, autonomous emergency braking, run-flat safety tyres, a camera-based speed limit reminder and more. Is it the best-value Mini yet? Likely.

THE WINNING EDGE: Not many cars can get away with an identity crisis as major as this. In the Countryman's case, it's a good time.



» *The YOLO award*

HONDA CIVIC TYPE R

FROM \$50,990, 2.0L 4CYL, 228 KW, 400NM, 8.8L/100KM

➔ Honouring the hottest, raciest car of the year, the 2017 YOLO trophy goes to the Honda Civic Type R hatch, set to drop in October. Last year, iconic Japanese racing brand Honda relaunched the Civic with a ground-up design of sharp, anime-like angles and aggressive styling, so it's been a long wait for speed-thusiasts wanting the race-ready Type R edition. Arriving in a six-speed manual, the hatch has been prefaced with buzzwords like "dynamic", "record-holding" and "fastest", thanks to some crazy-level time trials at the iconic Nürburgring track. Why do we love it? Because it's a bad girl's drive. Because it looks futuristic and harbours enough torque to leave heartbreak and bad days and first-world problems in the dust. Sure, it does other things, but that's not why you buy a Type R.

THE WINNING EDGE: Two words: throttle response. ➔



» *The Mighty Mouse prize*

VOLKSWAGEN GOLF 7.5 HATCHBACK

FROM \$23,990, 1.4L 4CYL, 110KW, 250NM, 5.7L/100KM

➔ In terms of the best small car across the board, the new Golf is hard to beat. It's nimble, tech-heavy, sophisticated and the bang-for-buck factor is extraordinary. With a focus on high-end aesthetics and technologies, some of its features have never been seen in a car at this price point before. Can your hatchback create a wi-fi hotspot, sense fatigue by your behaviour, learn your crafty shortcuts, send text messages via Apple CarPlay, help you park and keep your lane position in check? This one can. It's like the Facebook suggested friend algorithm in car form. Minimalists will heart-eye the effortlessly deluxe interior: the fine line of light that trails the cabin doors and the soft-focus side-mirror LEDs that greet upon keyless entry (high-end models). And the ride? With 16-inch alloys, more power than ever and a swift transmission, the Golf is as rally-like as it ever was. Even the look-at-me Turmeric Yellow colour stole my all-black-everything heart.

THE WINNING EDGE: Unlike other brands, Volkswagen isn't punishing the budget-conscious here; the bottom-end model is still a top-tier whip.



» *Best trailblazer*

LAND ROVER DISCOVERY

FROM \$65,960, 2.0L 4CYL, 132KW,
430NM, 6.3L/100KM

↙
If you're hell-bent on adventure-seeking and intend to buy a four-wheel-drive/SUV, let us introduce this slick rock-hopper – a brand-new edition that's lighter, sleeker, safer, smarter, *grrrrruntier* than its past self and boasts so many features beyond its off-road-flex, it's overwhelming. Building on the rep of the brand, the line-up varies from the entry-level five-seater to the party-bus, seven-people mover and offers back-seat squabble management with up to nine USB charging stations, a wi-fi hotspot for eight devices and stadium-like seating, should anyone care to look up from their phone. Don't be put off by the size either – thanks to the Discovery's self-awareness sensors and HD camera system, driving is a cinch.

THE WINNING EDGE: As the ancient Australian proverb says, "We're not here to fuck spiders."



» *Escape artists of the year*

< JEEP GRAND CHEROKEE TRACKHAWK

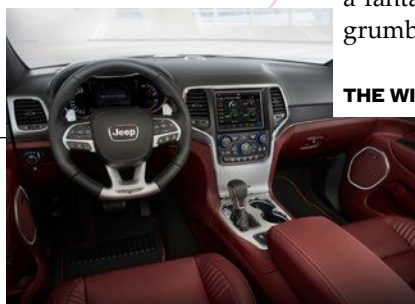
PRICE NOT YET AVAILABLE, 6.2L 8CYL, 527KW, 874NM

JAGUAR F-TYPE SVR >

FROM \$290,512, 5.0L 8CYL, 423KW, 700NM, 11.3L/100KM

↙
Neither of these cars deserve a joint podium, in fact, they're two of our favourites. Incredibly different from each other, both have that elusive X-factor. Jeep's Grand Cherokee Trailhawk is already a hyper-stylish and dexterous SUV, but the soon-to-arrive Trackhawk is next level – a blazing, hellcat-powered V8 that drops jaws. With 572kW and a jump of 0 to 100km in 3.6 seconds flat (as a comparison, the Audi R8 Spyder makes the same time, but weighs 800kg less), it's the most potent SUV on earth. See also: Khaleesi of the school run. On the other hand, the Jaguar F-Type SVR is supercharged, sleek, attention-seeking and So. Damn. Agile. The all-wheel-drive two-seater, or optional convertible, moves like a fantasy come true, announcing its arrival with a finely tuned grumble that's more ferocious than any other car on this list.

THE WINNING EDGE: A respective goosebump factor of 11.



Photography: Chris Benny; William Crozes; Robert Geary; Patrick Gosling/Chris Brown; Manuel Hollenbach; Andrew Jarrett; Tom Kirkpatrick. All prices are manufacturers' recommended sale price and do not include on-road costs



» *The whiplash award*

AUDI R8 SPYDER

FROM \$388,500, 5.2L 10CYL, 397KW, 540NM, 11.7L/100KM

Presenting the car that should come with a physio referral: the Audi R8 Spyder. Pedestrians, passengers, on-the-road pals, owners looking back on their prized possession... this alfresco supercar causes more double-takes than a Bondi Beach Bieber sighting. Low-lying and achingly sexy, you could even argue that this German power player is better looking, better driving and better sounding than its Italian rivals. It's certainly techier. At almost \$400K, it may be the most aspirational award winner on our list, but it showcases Audi's capabilities in design, performance and style when the sky is the limit, not to mention why this brand continues to dominate the luxury sector with innovation and style.

THE WINNING EDGE: The R8 Spyder taps into three things: fashion's obsession with sports couture, speed and understated sexiness. Unlike its supercar rivals, this convertible roars, but doesn't collect little-finger wags, just pure, cool admiration.



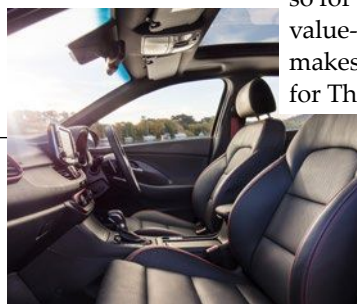
» *Most millennially tuned*

HYUNDAI I30

FROM \$20,950, 2.0L 4CYL, 120KW, 203NM, 7.3L/100KM

You know when you use a sat nav and the voice barks the confusing command, "Take the second exit," and you end up yelling back, "You mean, go straight FFS!?" The navigation lady on the i30 doesn't do that. She says, "Drive straight through," and she tells you where the speed cameras are, which is helpful if you opt for the turbo SR model. Beyond that, the i30's countless extras include maroon seat belts, a huge sunroof, seat warmers, wireless phone charging, three engine choices (including diesel) and paddle shifters that have little raised dots on the back, in case you forget which is up and down. It also has the standard lane assist, parking camera and radars, Apple CarPlay and Android Auto, all wrapped up in a racy, curved shape that defies the price.

THE WINNING EDGE: The lengths the Korean giant has gone to in order to raise the bar in the first/small car market is impressive, so for those looking for either, the value-for-money and driveability makes the i30 a definite contender for The One. □



A full-page photograph of a woman with blonde hair and white-rimmed sunglasses jumping in the air. She is wearing a white and grey striped long-sleeved shirt and light blue jeans. She is positioned in front of a large Joshua tree in a desert landscape under a clear blue sky. The title 'CALIFORNIA' is in large, thin, black capital letters at the top right, and 'D R E A M I N '' is in smaller, bold, black capital letters below it.

CALIFORNIA

D R E A M I N '

ELLE's Genevra Leek hits the highways to discover *the other side of the Golden State*, where the landscape is breathtaking, the wine is award-winning and *the weather is just right*

Every year for about the past decade, my childhood best friend and I have sworn it's the year for an all-American road trip. The kitsch diners, the dodgy motels, the wide, open spaces and the cheap-as-chips fashion outlets. We map it all out in our heads over a vodka martini or three, then do absolutely zero to make it happen. Until this year, that is, when winter was once again looming and the Cali sunshine finally proved too tempting to resist. Los Angeles, we agreed, was not on the agenda – we'd both had good times there, but this was about the "other California". So with a sketchy plan we touched down in LA, hired an SUV and right-hand drove our way into the trip of a lifetime (ditching the dodgy motel idea – that was never going to happen).

LAS VEGAS

Vegas is technically across the border in Nevada, but the best way to kick off a West Coast road trip is with a visit to Sin City. After a misguided detour to the McDonald's museum just east of LA (one of us, aka not me, watched *The Founder* on the plane), we were well into the four-hour drive on Interstate 15 and already tasting the frozen margaritas. Until we were tasting the dust of the breakdown shoulder. Lesson one: fork out for the satellite phone. A 90-minute delay and a highway patrol chaperone later, we pulled into Vegas in the front seat of a tow truck exchanging back slaps with our driver/saviour Eugene.

J.Lo hadn't topped Eugene's impromptu hot-list recommendations (she lost out to Rollin Smoke Barbeque), but we had booked tickets to her residency, *Jennifer Lopez: All I Have*, and we weren't about to miss it. We made it in time to check into the 2,995-room Cosmopolitan of Las Vegas and clink glasses under its multi-storey chandelier (said to be strung with two million crystals), before heading to Planet Hollywood's Axis Theater for some full-throttle twerking and a midnight feast at PF Chang's.

The next day, we discovered an effective new H₂O-based jet-lag cure: lying half-submerged on sun chairs in one of the three hotel pools sipping on cocktails served in coconuts. Also effective, backing it up with a trip to the hedonistic Marquee night/day club followed by a slice at Secret Pizza (be warned: the unmarked entrance is hard enough to find sober).

On the last night, we pretended to be civilised and dined at the first Vegas outpost of David Chang's world-famous Momofuku restaurants. It was delicious – and nice to stay within rolling distance of our in-room spa bath (ask for a room with a fountain view if you'll appreciate a panorama of The Strip). But let's face it, Vegas is one neon-flashing, dice-rolling, heavy-drinking, daggy-dancing, glitter-coated all-night party, so if you're in your room, you're not doing it right.

MARQUEE AT COSMOPOLITAN

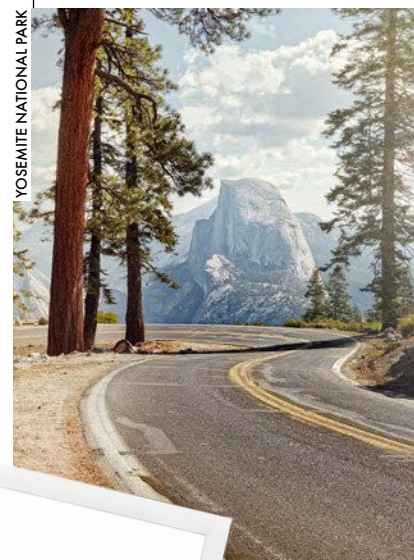


YOSEMITE NATIONAL PARK

With a new ride and big drive planned to reach Yosemite National Park in California's Sierra Nevada mountains by nightfall, we set out early from Vegas, taking a detour through Death Valley. After several lookout stops where the heat threatened to melt our iPhones, we chose to take in the impressive Panamint Range, Badwater Basin and aptly named Furnace Creek from the comfort of our air-conditioned car (at this point, I was grateful I was outvoted in the sensible sedan versus *Thelma & Louise* convertible debate) before pushing on to Yosemite Valley.

If you're not equipped for camping (we weren't), then The Majestic Yosemite Hotel offers a more luxurious alternative at a safe distance from the black bears the signposts warn us about. The park's only AAA four-diamond hotel, it's a National Historic Landmark, built in the '20s and central to tourist hotspots Yosemite Falls, Half Dome, Glacier Point, the Yosemite Museum and the Ansel Adams Gallery, where you can pick up prints of the photographer's renowned black-and-white landscapes of the area. You could spend a week exploring Yosemite's hiking trails, but Cheryl Strayed we're not, so we stick to the beginner routes and lament our lack of bear sightings. Until we sight a bear. Although we're assured they're largely herbivores, they notoriously seek out human food so we're glad we ditched our breakfast banana in the bin back at the car park. ⇨

YOSEMITE NATIONAL PARK



The Majestic Yosemite Hotel



Secret Pizza



FARMHOUSE INN

SONOMA WINE COUNTRY

High on fresh air, we head out early towards the Farmhouse Inn. Situated in Forestville in the heart of Sonoma Wine Country, away from the crowds of Napa Valley, the fifth-generation family-owned inn is a charming escape amid the grapevine-strung hills of the Russian River Valley. It's quaint in appearance, with painted weatherboards and rambling gardens, but don't be fooled: word is Elon Musk rented out the whole shebang for an event and Emma Stone and Claire Danes have both stopped by to sample the luxe rooms done in natural finishes and complete with an indoor/outdoor fireplace (and the *best* bedtime choc-chip cookie).

The Michelin-star restaurant serves local fare matched with the region's finest wines, but it's the farm-to-table spa menu that has us drooling. We try the seasonal Scrub, Rub and Shrub exfoliation and massage using edible ingredients from the garden. Beyond the grounds, there's wine-tasting, cycling, shopping and exploring to be done, but lazing in robes on the swing seat in the courtyard is our priority. Followed by a dip in the pool.



FARMHOUSE INN



THE MANTEL BAR, HOTEL ZEPPELIN

SAN FRANCISCO

After two days of relaxation, we keep the artisanal adventure alive with a trip to nearby Healdsburg for a spot of window shopping and a kale mezzaluna (trust us) from Oakville Grocery, the longest-operating grocery store in California. We stock up on snacks for the one-and-a-half-hour drive to San Francisco and, by the time we've finished the chocolate-covered pretzels, the Golden Gate Bridge looms ahead. Word of advice: if your companion is iPhone-challenged, make sure you're in the passenger seat for this leg. ("It's the white square with the squiggle that says *Boom-er-ang!*")

Sydney's sister city is like the older, cooler, more tech-savvy sibling where the scent of marijuana is almost as rampant as the Uber rides and the strains of 1967's Summer Of Love still colour the streets now walked by hipsters working in Silicon Valley. The Hotel Zeppelin is our home away from home, offering a chic bohemian vibe thanks to the vintage album covers lining the hallways and the *Austin Powers*-esque wallpaper in the rooms. Located close to Union Square, the hotel is ideally situated for cable-car rides and trips to Alcatraz (where the audio tour is a must, as is booking ahead). We visit the Ferry Plaza farmers' market, pose in front of the Painted Ladies (the pastel-coloured houses that rose to fame in the credits of '80s sitcom *Full House*) and explore the hippie counterculture of Haight-Ashbury, famous for the Grateful Dead and tie-dye tees (which we rashly decree is the missing link in our wardrobes).



Hotel Zeppelin



TREEBONES RESORT



AUTONOMOUS TENT, TREEBONES RESORT

BIG SUR

With the wind (air-con) in our hair and our cameras at the ready, Big Sur was to be the summit of our summer road trip. The rugged stretch of California's central coast between Carmel and San Simeon is one of the most picturesque in the world, and one of the most visited. But our grand plan of winding our way down Highway 1, encountering psychedelic surf types and alternative artists, wasn't to be after storms and landslides took out the Pfeiffer Canyon Bridge earlier this year, closing off large stretches of the road to traffic and all but turning the tourist drawcard back in time.

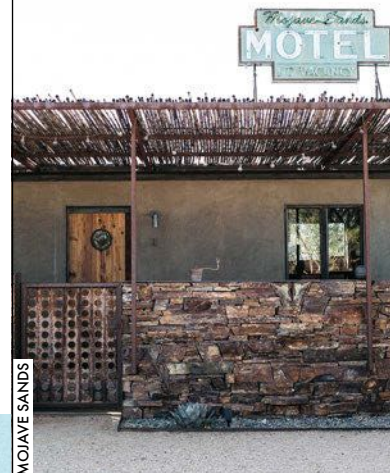
Instead we head south from San Francisco to Monterey (made popular in Reese Witherspoon's recent adaptation of *Big Little Lies* and worth a stop-off for clam chowder alone), heading inland on the 101 before cutting through Los Padres National Forest to Treebones Resort. Treebones is a true eco-resort with a series of yurts and one Harry Gesner-designed, 100 per cent sustainable Autonomous Tent perched on the hillside overlooking the Pacific Ocean. Our death-defying mountain road journey (made more-so by the multiple photo-opp stops) was well-rewarded. With the highway closed to the north and south of the glamping site, the sun setting over a deserted landscape, our feet dangling in the hot spa and stockpiles of rosé at hand, it felt like a detour sent from the Big Sur deities.

JOSHUA TREE

With a hankering for an artistic awakening, we set out for California's enclave for free-spirited creatives and LA castaways. Joshua Tree, a desert national park dotted with its namesake trees and lunar-like boulders, has long lured creative types seeking a rustic alternative to city living. With visiting artists like Solange Knowles bringing a new energy, the place is buzzing (literally, thanks to a bee alert in the park).

Airbnb is thriving here, but we stayed at Mojave Sands, a hip motel from the '50s fitted with record players and chic retro furniture. The locals' guide left jutting out of the in-room typewriter describes Crossroads Cafe as the best diner in the high desert and the best place for wi-fi given there's none on-site. Pappy & Harriet's in nearby Pioneertown is a must-visit honky-tonk bar where mesquite barbecue is served up with just the right level of millennial-friendly mood lighting. The art fix: Noah Purifoy's outdoor art museum.

It's hot and it's inspiring and it may well have been the whiff of vapour in the air talking, but spiritually moving as well. We leave promising we'll come back. The In-N-Out burger stops are worth it alone. □



MOJAVE SANDS





Ring in spring with fresh hair,
chic suiting and a head-turning bag



COACH

Spotted on Coach 1941's Americana-inspired AW17-18 runway, this horse-print Kisslock Satchel is set for It-bag status. Juxtaposing the playful motif with a ladylike shape, it's a guaranteed statement maker (and a cute addition to your spring-racing outfit).
\$995; coachaustralia.com

MARC CAIN

Combining two major trends – relaxed tailoring and pyjama dressing – this striped suit is on our spring wish list. Thanks to a high-stretch content, it's not only chic but comfortable, too – just what you need for a long day in the office. *Blazer, \$1,115, pants, \$450; stylehq.com.au*



ELECTROLUX

Make your clothes look newer for longer with an Electrolux UltraMix Washing Machine. Clever UltraMix technology means detergent and water are pre-mixed to maximise cleaning power at a lower temperature, so your favourite pieces stay fresh and vibrant.

\$1,599; electroluxlife.com.au



AG

Cool-girl favourite
AG knows how we
want to dress now. The
autumn 2017 collection
(featuring It-Brit Alexa
Chung) is inspired by '90s
young Hollywood – think
deconstructed denim,
slinky slips and effortless
styling. We'll take one
of everything.
davidjones.com.au



DYSON

It's a hairdryer, but not as you know it. The Dyson Supersonic provides super-fast blow-drying, yet protects your hair against heat damage. The motor has also moved to the handle for better balance, which means styling your hair has never been easier.

\$499: dyson.com.au

REST

If you want to actually enjoy your retirement, you need to start boosting your super now. While the maximum amount of pre-taxable income you can put into your super in a financial year has been lowered to \$25,000, that can still help you grow a nice little nest egg. *Top up your super at rest.com.au*



SWATCH

Attention minimalists: you're going to love Swatch's thinnest model line, Skin. Taking its cues from the beauty of movement and the anticipation of change, the collection has 11 simple yet chic styles in two new case sizes for men and women. *From \$145; shop.swatch.com*



MONTBLANC

Celebrating writing's universality, Montblanc's Meisterstück UNICEF pen features the first letter children learn from six alphabets. It's inspired by the Rosetta Stone, an artefact used to decipher hieroglyphics – a great talking point next time you sign on the dotted line.

\$1,530; 1300 364 810



SPOTLIGHT ON BRISBANE

While you weren't looking, Queensland's capital has been *busy building on its food, shopping and culture cred.* Here's our guide to the best of what the city has to offer

STAY

THE JOHNSON

The latest hotel from the Art Series group (also behind Melbourne's The Cullen and The Blackman) is inspired by famed Australian artist Michael Johnson, who counted Brett Whiteley as a friend. Johnson is responsible for much of the art that lines the walls of the hotel and its 96 suites, with the decor also taking cues from his vibrant palettes. You'll be in the perfect position to explore lively Spring Hill and its surrounding suburbs via a loaned Smart car or Lekker bicycle – that is, if you can tear yourself away from the Michael Klim-designed pool (it's already nabbed a “best hotel pool” award) and accompanying sundeck, which has a real LA feel.

artserieshotels.com.au/johnson



SHOP

WESTFIELD CHERMSIDE

Just 20 minutes from the CBD is the new-look Westfield Chermiside. It's one of Australia's largest shopping centres and the ideal place to get your fashion fix from the likes of Furla, H&M and Zara. Dining exceeds usual food-court fare with eateries like Betty's Burgers & Concrete Co – the diner-inspired chain that's as famous for its custard ice-cream desserts as its burgers. This month, you can also catch 3D collages by mixed-media artist Dina Broadhurst – one is an impressive 40m long. westfield.com.au/chermside

JAMES STREET PRECINCT

You'll find local labels Zimmermann, Dinosaur Designs and Aje tucked between galleries and foodie spots aplenty. International designers come carefully curated at Calexico (look for Acne Studios and Isabel Marant), while Maryon's stocks cult accessories by labels such as Marni and Chloé.

jamesst.com.au



EAT

NODO

You'll come for the gluten- and guilt-free doughnuts, but you'll stay for the healthy brunch options (such as cauliflower hash browns and sweet potato waffles) that have Phoebe Tonkin hooked – she dubbed the cafe her “kitchen away from home” on Instagram.

nodo.com.au

LOLA COFFEE

Owner Corinne Chilcott competed in the World Barista Championship, so you know her brew is not only one of the best in Brisbane, but the country. If you're in a hurry, there's a stand-up

bar to have your coffee Italian-style, but the pink interiors are too good not to stick around to enjoy.

lolacoffee.com.au

GERARD'S BISTRO

Gerard's Bistro mixes North African and Middle Eastern cuisine, with its most popular dishes including laham nayyeh (Lebanese lamb tartare) and morasa polow (a Persian rice dish). Head back for breakfast and you'll find shakshouka and za'atar manoushe served up with bloody marys – a good time in any language. □

gerardsbistro.com.au



DON'T MISS! What do London Grammar, Angus & Julia Stone, The Preatures, Regurgitator and Megan Washington have in common? They're all taking to stages around the city this month as part of the Brisbane Festival. brisbanefestival.com.au

CHAINED REACTION

DEAR E JEAN, I've started dating a wonderful man. He has a great job, a wicked sense of humour and a cute smile, and he treats me with respect and dignity. We met through a mutual friend and have been going strong for a month. We haven't been intimate yet, but while we were cuddling in his bed the other night, we started discussing our sexual histories. All of a sudden, he pulls up a chain with handcuffs on my side of the bed and says, "I have to tell you – I love being tied up." If we didn't have the lights off, he would have been able to

see the shock on my face. Handcuffs – they were just so... there. I'm not a prude. But I'm not in a place right now to escape my sexual comfort zone. Do I continue the relationship if this makes me feel so uncomfortable?

– *Not Ready For Fifty Shades*

NOT READY, MY RHODODENDRON Though the eminent members of the Advice Columnist Whips & Chains Committee will conceive the vilest opinion of me – I mean, have you ever read an advice column that didn't urge a correspondent to "experiment"? – I say to hell with it. If you don't want to handcuff the chap, don't do it. He seems to be a good man, patient and respectful. So tell him if he promises not to pester you, you may come around in time and go so far as to allow him to escort you to a screening of the Leonardo DiCaprio handcuff scene in *Titanic*.

FEAR FACTORING

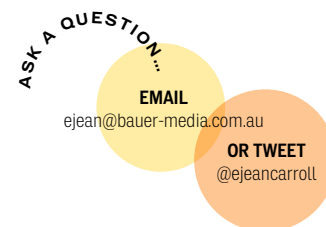
DEAR E JEAN, I can't speak about this to anyone – not my business partner, and not even my wonderful, supportive husband. We've been together eight years, he's father to my two girls, and we all adore him. It's about my company. I'm a biophysicist with a physics PhD who went into engineering, and from engineering into project management, and from there into being the co-founder and CEO of a small company. All is going well. I've managed to negotiate three contracts that have put us on the map. A large energy firm is now looking to invest in us, and I'm so afraid I'll fail.

Everyone thinks of me as being so strong, but I'm secretly terrified that I'll fail my business partner, my



ask e jean

Tormented? *Driven witless?*
Fear not, help is just a short letter away



team and my family. I'm so afraid of the future – afraid I can't measure up to what is expected in business, afraid I'm not tough enough! I'm plagued with uncertainty: am I strong enough for this job? I don't know. It's starting to slow me down and cloud my judgement. I need some help to overcome this.

– *Troubled Mad Scientist*

TROUBLED, MY TULIP First, get some sleep. Open the windows, let in the stars and roll up in the pillows with the husband. You're running a start-up. I get it. It's a badge of honour *not* to get sleep. But I recognise

all the signs – clouded judgement, "terror" at failing... You need to get some damn rest!

According to Dr Martha Yanci Torres of the Mayo Clinic, sleep improves memory, sharpens the mind, reduces anxiety and beefs up judgement. I find it also boostschutzpah and creativity, and – next to Revlon's magnificent lipstick shade Toast Of New York – a snooze is one of the most delicious beauty products on the market. So while you're sleeping, I'll draw up a list of what you should and should not be afraid of, okay?

THINGS YOU SHOULD BE AFRAID OF:

- Picking up a copy of *Pride And Prejudice* and discovering it's Lydia Bennet who ends up marrying Mr Darcy.
- Running into your old school boyfriend when your hair looks like an Abraham Lincoln wig.
- Victoria's Secret models – when their wings start flapping.

THINGS YOU SHOULD NOT BE AFRAID OF:

- Saying "I don't know".
- Succeeding.
- Being a little paranoid. (Every woman wonders if she is "strong enough".)
- Changing your mind.
- Failing.
- Sending the kids to two matinees with a babysitter and taking a five-hour nap.
- Failing again.

You're a scientist, Tulip, old girl. No need to remind you – you, of all people! – that nearly every major

Q *I have two lovers. One I'm about to marry. But the second (whom I've been sneaking around with for two years) says if I choose him, I can ask for "anything" and he'll give me whatever I want. Who do I pick?*

idea, every invention that made the human race happier, every company that boomed with success, every Nobel Prize won by Madame Curie, came about when a curious person (a person who doesn't care if she's strong or weak) said the three magic words – I don't know – and took a journey to find out.

DOWN TO BUSINESS

DEAR E JEAN, Should I have sex before marriage?

– *Love Sick*

MISS LOVE Before I respond, please answer two questions: how old are you? And are you in love?

– *Ravishing Regards, E. Jean*

AUNTIE E, I'm 22. Just graduating university. An old soul. As for being in love, every day is like Hozier's song – I fall in love with someone new. Keeping this in mind, I've been in love countless times, but I've never been in a relationship with a significant other.

– *Love Sick*

MISS LOVE Well then... Do whatever you like before marriage – let the chaps pursue you the way every woman wants to be pursued, or move to a hut in the wilderness. It's *after* marriage when you must have sex as often as possible, because if you don't, you won't be having much sex at all during your divorce.

I, OBJECT. I OBJECT!

DEAR E JEAN, Often when I'm walking around our apartment in my undies – getting ready for work, brushing my teeth, etc – my fiancé will whistle and catcall me. I've tried to tell him this makes me feel uncomfortable and objectified. We have a great relationship, but he's also taken to randomly pretend-humping me when I'm at the stove cooking, or at the hall mirror fixing my hair. I've asked him to keep these kinds of jokes to a minimum, but he then gets defensive and shuts off. How can I explain to him I love being an object of affection, but not a sex object?

– *It's Just Underwear, Stop Whistling*

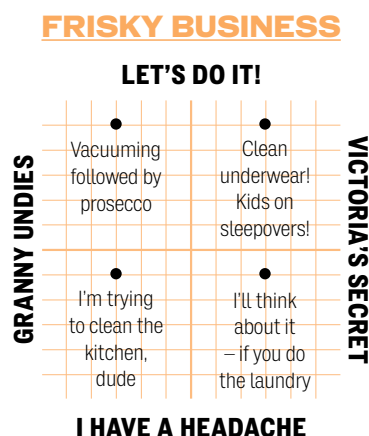
MISS JUST, MY JACKFRUIT Those whistles? They're not "catcalls", honey. They're mating calls – love songs from the oldest jukebox on earth, tributes to your allure and, let's be frank, to your talent for selecting lingerie.

! *Who says a girl should love only one man at a time? Call off the wedding. You're not cut out for marriage. PS: When you're asking the second dude for "anything", please ask him to repave my driveway.*

Don't turn this into an intellectual crisis. I don't wish to scar your soul by further discussing those intimate pieces "a nice girl shrinks from naming when there are gentlemen present", as writer PG Wodehouse said, but in the past few years, the Ask E letters mentioning lingerie have fallen into two categories: (a) women who write to complain that though they run through the house in undies so fetching that Auguste Rodin's "The Thinker" would climb off his pedestal and beg for a boff, their boyfriends/girlfriends/lovers never so much as twitch a left eyelid; or (b) women who write to complain that no matter how imposing the facade of their old, stretched-out unmentionables, their boyfriends/girlfriends/lovers make haste to embrace them in the most fulsome manner. Group A far, far outnumbers

Group B. Count yourself lucky, Miss Just.

As for all the annoying grinding, come on now. Every single primate, including Homo sapiens, play-humps (along with dogs, horses, etc). Two of my husbands (both men of prime



quality) liked to accompany the action, to great comic effect, with the "pant-hoot" sound of chimpanzees. (And if you can find me one happily married woman on this planet who's bent over a vacuum cleaner to switch it on and *not* had a husband run up and nudge her, I'll start dating my Dyson.) It's not an objectification of you, my luv. It's capering. It's cavorting. It's Mother Nature's way of keeping everyone in practice. Tell him to cool it when it really gets annoying. (Coming smartly down with your heel on his toes also works.) □

PRIVACY NOTICE: This issue of ELLE is published by Hearst/Bauer Media (Bauer). Bauer may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Bauer publications, products, services and events. Our Privacy Policy is located at www.bauer-media.com.au/privacy. It also sets out how you can access or correct your personal information and lodge a complaint. Bauer may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Bauer in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, please contact Bauer's Privacy Officer either by email at privacyofficer@bauer-media.com.au or mail at Privacy Officer Bauer Media Pty Ltd, 54 Park Street, Sydney, NSW 2000.



VIRGO

AUG 24 – SEP 23

Much of September will revolve around changes happening at home and in your relationships. On September 6, the full moon will mark the culmination of something important between you and a partner. But remember to keep taking care of yourself as these major shifts will require you to make changes to your lifestyle, especially during the new moon on September 20. This new moon marks a fresh start, with various things to look forward to. It could feel like your sense of self is fading in and out as you step into a new role or orient yourself to a new way of life, but try not to let the uncertainty get the best of you. You'll find your way.

LIBRA

SEP 24 – OCT 23

This month calls for rest and some solid inner work. The changes the recent eclipse season brought may have left you feeling exhausted, making this a good time to turn inwards and replenish your energy. The sun's arrival into Libra on September 22 will not only mark a new season, but nudge you to focus on your wellbeing. While most of your energy should be centred on taking care of yourself, a significant other could surprise you with a secret that throws you for a loop. It would be wise to keep up some sort of mindfulness regimen to help you process the shifting of your inner landscape.

SCORPIO

OCT 24 – NOV 22

New developments around your professional goals will continue to unfold as the post-eclipse vibes reverberate excitement around the path you're blazing. Your aspirations are fuelled by a spirit of shrewdness and you'll be determined to start manifesting your dreams into reality. An element of creativity will have a role in the way you bring these longings to life, but your success will ultimately depend on your ability to keep things simple. Consider what dreams are most worth pursuing at the present time and the ones you may be better off leaving for the bucket list.

SAGITTARIUS

NOV 23 – DEC 22

Managing a list of tasks for work and taking care of business are a high priority, but distractions involving your relatives or living situation could make it difficult to stay on track. Making an effort to show family support could be in order during the full moon on September 6, so embrace the chance for some quality time. Late in the month, professional goals and your working community could cause you to be more flexible, even creative, about your aspirations. It's a good idea to be ready for surprises – your new motto is: expect the unexpected.

CAPRICORN

DEC 23 – JAN 20

Your daily schedule could feel a bit messy this month, but you've got your eye on the bigger picture, which includes inching closer to a meaningful milestone. On the other hand, you may find yourself travelling to new destinations, beginning a new course or just checking out from your usual surroundings. Nonetheless, climbing up the professional ladder is on the cards once the sun enters Libra on September 22. Changes could take off faster than expected, so keep in mind that unforeseen developments around home and family may require you to adjust your professional goals.

AQUARIUS

JAN 21 – FEB 19

A buzz is still lingering around your partnerships as eclipse season fades. A focus on companionship and affection leads to an intuitive understanding between you and a partner throughout the first half of September, which will be both satisfying and energising. But the latter part of the month will revolve around resources you share with others. Details around time, energy and money require thoughtfulness, particularly after September 13. Whether you're creating a joint account, collaborating on a project or just doing someone a favour, draw clearer boundaries around what's yours and theirs.

What does September have in store for your career, love life and friendships? *Astrologer Ashley Otero reveals all*

PISCES

FEB 20 – MAR 20

The major theme of this month is your relationships and how you interact in them. Your attention will be centred on a partnership, with the full moon in your sign on September 6 shining a light on your part in the give-and-take dynamics. What do you offer those you're connected to and how does that contribute to your growth? Meanwhile, you'll need to make a conscious effort to communicate clearly with a partner about your shared goals. Although your relationship could feel well-defined, there may still be confusion about expectations.

ARIES

MAR 21 – APR 20

Expect to be busy this month, Aries. Your ruling planet, Mars, shifts into Virgo, putting you in a productive mood. With so much to do, you may wonder how you'll manage to knock over all your tasks. The answer: simplify and look for ways to be more efficient. You also need to cut out any distractions to create space for and adapt to changes. Making an effort to take care of yourself will also be important this month. Breaking away from certain commitments could feel refreshing – now's the time to ask: which relationships are worth the extra effort?

TAURUS

APR 21 – MAY 21

This month offers a chance for you to enjoy more leisure time as positive developments surrounding the basics of life continue to play out. A detailed project you dedicate a lot of your creative resources to will still require a significant portion of your time over the next few weeks, which could eventually mean trading your fun with friends to do some solo work. The latter part of the month brings a new season, which will make you switch gears from a more relaxed vibe to a routine that will best support you to raise your newest creation to its fullest potential.

GEMINI

MAY 22 – JUN 21

An unstable work situation could be a sensitive topic as you navigate shifting foundations. The growth you've made through intimate connections has led to a spike in creativity and the culmination of an identity shift or significant changes to your career. Be mindful you're not rushing towards idealistic professional goals if you're not completely certain about what you want. It's okay not to know, and it's okay to try on a few hats before deciding your path. Being present for family is where most of your energy needs to be now anyway.

CANCER

JUN 22 – JUL 23

The expansion of possibilities and big goals that involve home and family are on your mind. Although you may be ready to switch up your environment for something more stimulating, your current situation requires you to keep things simple and hold off on chasing any far-reaching goals for now. Being clear on the trajectory you'd like to be on requires a lot of consideration and planning, which could be difficult when your plate is as full as it is. Do yourself a favour and focus on the daily progress you're making rather than getting hung up on a distant picture of perfection.

LEO

JUL 24 – AUG 23

You can't hide your glow, Leo, as Mercury joins with Mars and stations direct in your sign. This month revolves around fiscal opportunities and changes in the way you bring home the dough. While you can expect growth in work prospects after the new moon on September 20, you're likely to receive some handsome career rewards throughout the entire month. A chance to turn a labour of love into something lucrative could come your way, but it will still be work. Be ready to structure your time and be clear about expectations before signing on any dotted lines. □

BONUS!

ST. TROPEZ GRADUAL TAN TINTED BODY LOTION

ONLY WITH THE
OCTOBER ISSUE* OF

ELLE



**OCTOBER ISSUE ON SALE
SEPTEMBER 25**

*ONLY AVAILABLE IN SELECT AUSTRALIAN RETAIL OUTLETS

MAGSHOP

FATHER'S DAY

FRENZY

WITH **redballoon** 

GIVE. SHARE. LIVE.

THIS FATHER'S DAY GIFT THE OLD MAN A SUBSCRIPTION TO HIS FAVOURITE MAG – IT'S STILL THE PERFECT GIFT!



Plus at Magshop.com.au we will reward you with a **20% OFF Red Balloon Gift Voucher** for every subscription bought until Father's Day! So you can create your own adventure with **Red Balloon!**

Hurry this offer is only available until **September 5, 2017!!!**



6 ISSUES: \$69.99

Save 22%



13 ISSUES: \$89.95

Save 34%



12 ISSUES: \$69.99

Save 41%



13 ISSUES: \$89.95

Save 34%



4 ISSUES: \$39.95

Save 16%



11 ISSUES: \$54.99

Save 37%



12 ISSUES: \$89.95

Save 24%



12 ISSUES: \$59.99

Save 54%



13 ISSUES: \$89.95

Save 27%



12 ISSUES: \$89.95

Save 24%



Visit www.magshop.com.au/fathersday

Terms and conditions: For full terms and conditions visit www.magshop.com.au/fathersday-tc

THE *last* PAGE



As answered by *Karlie Kloss* – the St Louis-bred supermodel, entrepreneur and face of Swarovski who also counts coding and baking as some of her many talents

WHAT WAS THE LAST...

...THING YOU BOUGHT WITH CASH?
Coffee.



...THING YOU DID BEFORE LEAVING HOME TODAY?
I made a breakfast smoothie and checked to make sure I had my wallet.

...TEXT MESSAGE YOU SENT?
To my mum, asking what time my cousin's dance recital was.

...GIFT YOU GAVE?
Flamingo pool floaties.



...VACATION YOU TOOK?
To the Hamptons, for a long weekend at the beach.

...TIME YOU SANG KARAOKE?
At home with my family in St Louis. Can't say any of us had the best voices!

...TIME YOU FELT REALLY HAPPY?
LAUNCHING THIS YEAR'S KLOSSY SUMMER CAMPS IN AUSTIN, TEXAS.

...TIME YOU WERE STARSTRUCK?
By Drew Barrymore. I grew up watching her movies so



it was surreal to meet her in person.

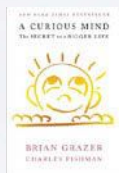
...SONG YOU PLAYED ON ROTATION?
ANYTHING BY BEYONCÉ.



...PIECE OF CLOTHING YOU BOUGHT?
A summer dress from Reformation.



...BOOK YOU READ?
A Curious Mind: The Secret To A Bigger Life by Brian Grazer and Charles Fishman.



...POST YOU TAGGED YOUR BESTIE IN?
ON MOTHER'S DAY, WITH MY MUM IN ST LOUIS.



...MEAL YOU ATE?
A salad from [sustainable restaurant chain] Sweetgreen.

...PHOTO YOU TOOK ON YOUR PHONE?
A Boomerang, after going for a run in Central Park.

...DRINK YOU ORDERED AT A BAR?
TEQUILA SODA.

...THING THAT MADE YOU MAD?
TRAFFIC ON THE WAY TO THE AIRPORT – IT'S THE ABSOLUTE WORST!



...JEWEL YOU COVETED?
Anything from Elizabeth Taylor's collection.



Necklace, \$99, Swarovski, swarovski.com

...INVESTMENT PIECE YOU BOUGHT?
I love jewellery. I just bought a vintage gold tiger ring.

...THING YOU COOKED?
Cloud eggs. (Take four eggs, separate the whites, beat until stiff peaks, form fluffy "clouds", add salt and pepper, bake at 230°C for 3 minutes, add yolks, bake for 6-9 minutes.)

...PERSON YOU SPOKE TO ON THE PHONE?
My sister Kimberly.



...TIME YOU WERE RELAXED?
GOING FOR A RUN ON THE BEACH AT SUNRISE.





givenchy.com

Documented by Steven Meisel

GIVENCHY



DIOR.COM

DIOR

BOUTIQUE OPENING
GROUND FLOOR, CHADSTONE SHOPPING CENTRE